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SUMMER 2010

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The Cowboy Cut at Holdren's.
Photo by Ashley Renée



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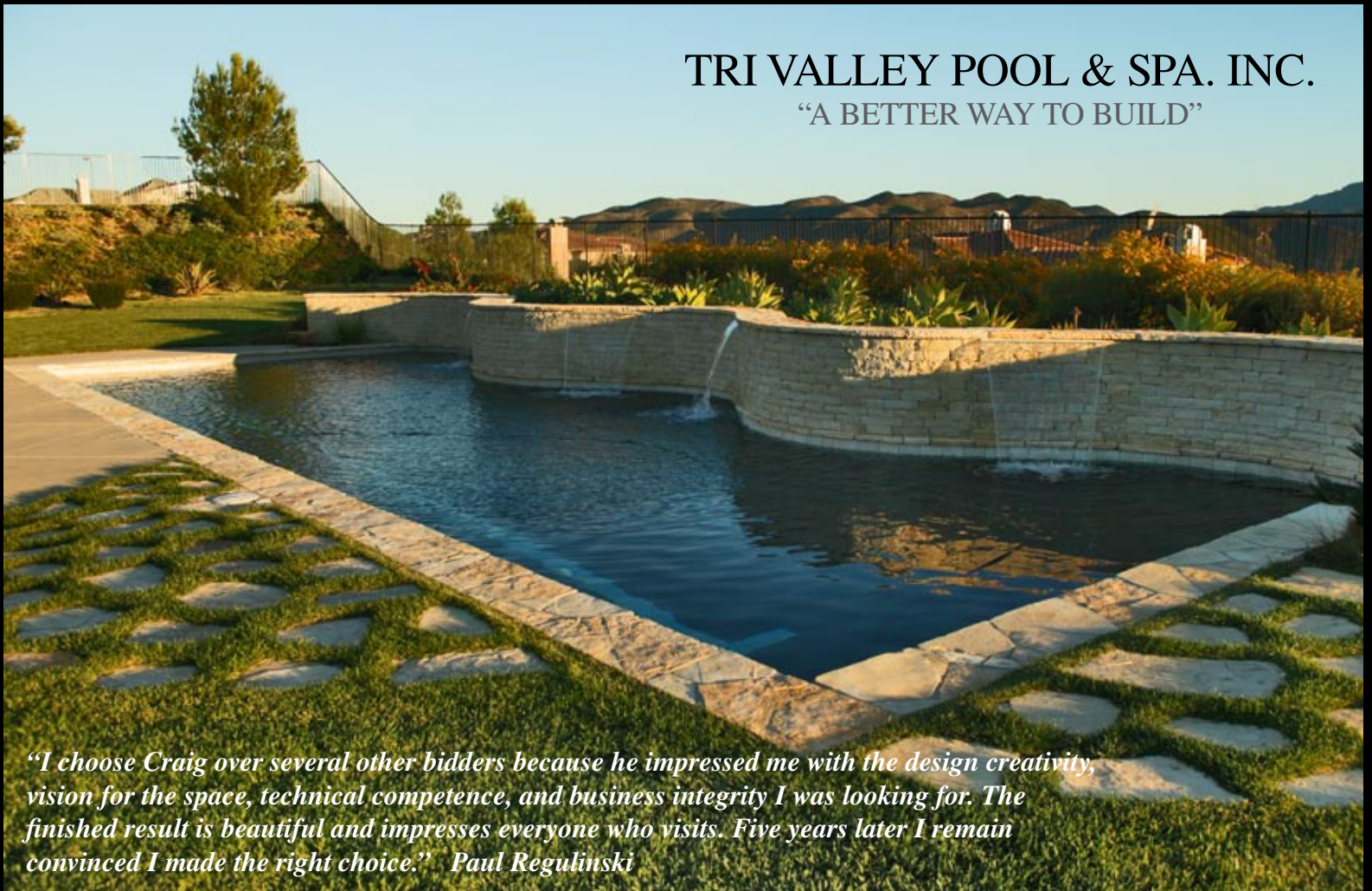
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Photo by Elliot Crowley



FIRSTS

Mesa Memories—Celebrating
25 years of great comfort food 11

FINE WINES FOR THE BOVINE

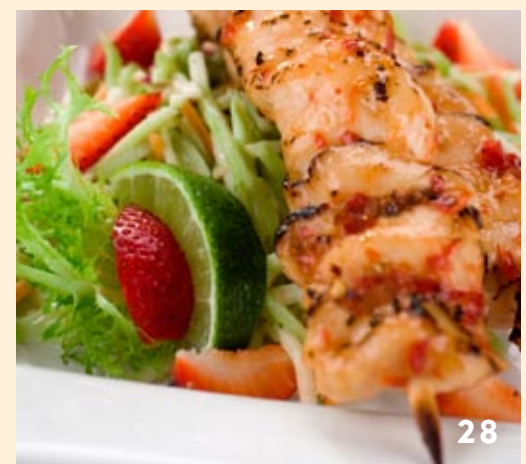
The top 20 local wines that pair well with steak
as chosen by the chefs. 32

STEAKS & CHOPS

Short stories on the prime spots
in Santa Barbara 36

DEPARTMENTS

FIRSTS	12
DESTINATION DOWNTOWN	20
VENUES & PRIVATE DINING	26
COOKING AT HOME	28
SPANISH VARIETALS PRIMER	34
HEALTH PROFILE: QUI SI BELLA SPA	56
THE HOME FRONT	58
IN THE GARDEN	62
REVITALIZE WITH INDIGO DESIGN	66
OLD HOMES, NEW OPPORTUNITIES	68
DINING OUT	76
AFTER DARK	82



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Mesa Memories

25 years of great comfort food

The Mesa Cafe's walls are filled with photos. Printed primarily in black and white, they trace 25 years of memories, 25 years of customers, family and employees, 25 years that this popular eatery has served home style food to Santa Barbara residents in the area that boasts its name.

Owners David and Vicki Kellams look at the oversized portraits covering one wall and reminisce.

"Remember that day, Vicki? It was your birthday and a customer brought you flowers," recalls David. A younger Vicki sporting a huge smile, is just visible behind a huge bouquet.

"Oh, look at him," sighs Vicki, gazing at an image of a bald man sitting in a convertible, cigar in hand. "This guy was just wonderful...a regular. He lived to be maybe 93 years old."

"Check out the fishermen," Dave adds, leaning in to see better. "Back then, the Mesa was filled with carpenters, craftsmen, and fishermen. They'd arrive when we opened at 6:30 a.m. and be back in the bar in the afternoon."

The Kellams met when David owned Fred C. Dobbs restaurant in Montecito. "He bought the restaurant and I was there," laughs Vicki.

The Mesa Cafe opened in 1985 in a former fish store in the Mesa Shopping Center. "It was a tiny little place, just the size of our current bar," says Vicki, gazing at the restaurant, packed with lunch diners on a Tuesday afternoon.

Soon they expanded into an empty Radio Shack next door and could serve dinner and offer bar service.

(continued)

"My dad Bill and I built the bar together," notes David, looking down the long wooden bar that runs the restaurant's length. He's quiet for a minute, remembering.

The menu is "unique to the Mesa," says Vicki. "We wanted a place people could come eat every day, with a nice family feel."

Speaking of family, the Kellams have seven children between them. The youngest was in grade school when the restaurant opened. They now have four grandkids with two more on the way. Family pictures over the cash register show smiling kids and grinning grandchildren at various ages.



Many staff are like family—manager Romero Eldalde recently celebrated 18 years here. "We are so grateful for our longtime staff," says Vicki.

The Kellams also own Cody's in Goleta, featuring the Mesa Cafe menu. But that menu evolves, according to David, based on diners' requests. "We just added spaghetti and meatballs," he reports.

It always comes back to the locals, the customers.

"We want to make each one of them feel like they are the most important person who has come in today," says David.

That's what makes the Mesa Cafe memorable. —Julia McHugh
Photos by Lindsey Eltinge

MESA CAFE, 1972 Cliff Drive, is open daily for breakfast, lunch and dinner. www.mesacafesb.com (805) 966-5303.



Dreams Come True Two years ago, Jan Saisut and Hollis Boss drove up from Los Angeles to visit Santa Barbara for the day. Eating lunch at Ichiban, Jan gazed out the window and spotted a Thai restaurant across Cliff Drive. "What a nice little place," she remarked to Hollis. Five months later, they owned it.

"Meun Fan means 'like a dream,'" says Jan, who came to the U.S. twenty years ago. "That describes what this has been like!"

The pair are proud to present "traditional home cooked" Thai cuisine, which Jan learned from her mother. "The focus is on good quality, good food," she says, sitting in the newly redecorated dining room. Another thing you'll notice is how fresh the smells are and how impeccably clean the dining room is.

Two staples prove her right. Meun Fan's Pad Thai, which can make or break any Thai eatery, is fragrant and flavorful, with just the right amount of peanuts for crunch. Try the Shrimp Rolls or Chicken Satay as an appetizer, and for dinner get Spicy Eggplant w/tofu and brown rice and Drunken Noodles with shrimp. Don't forget Mango Sticky Rice for dessert. The Pa-nang Curry is velvety smooth, complex, and, living up to the restaurant's name, dream-like. Count me in as a regular! —By Julia McHugh. Photos by Ashley Rene.

MEUN FAN is located at 1819 Cliff Dr. on the Mesa. 805-882-9244. Open for lunch and dinner. Take out orders welcome.

"Hole in the wall" that's Worth a stop

It's location and décor don't do much to bring crowds to Palapa, and I must have driven by and ignored it a hundred times. But I finally walked in a couple of months ago, and it is now on my short list of "hole in the wall" restaurants. Co-owned by Genaro Avila, Leonardo Jimenez, and Mary Weeks, who all worked at Pierre LaFond for 25 years before opening Palapa in 2005, the restau-



rant offers an excellent Caldo de Mariscos – Mexican seafood soup. Other favorites include the Tostada Campechana - topped with shrimp, octopus, and abalone, the Sole Tacos, and Filet of Sole con Mojo de Ajo, a

rich sauce of garlic and chipotle simmered with olive oil.

There is a generously portioned shrimp cocktail for starters, or share the quesadilla de carnitas, or the chorizo quesadilla, sinfully rich but deliciously so. The chicken mole is also very good as is the shrimp quesadilla. I am always too full for dessert, but if you have room, the flan is homemade. —Laurence Hauben.
Photo by Sarah Kirkwood

PALAPA: 4123 State Street Santa Barbara, (805) 683-3074
Open Daily 8am-8pm.



Sip and Sail One of the pure treats of living in wine country is being able to have a tasting just about everywhere. How about the Pacific? Every Sunday until winter, the Sunset Kidd Sailing Cruises offers free wine tasting on the water with every sunset cruise. The wines are from local wineries and are hand picked by the Captain. Cheese, crackers and other well paired hors d'oeuvres are also offered as well as special rate packages for corporate groups. To book a reservation call 805-962-8222.

Perfection in a Bowl of Hay

My grandfather fed me my first spoon of oatmeal when I was two. It was smooth and swirled with honey and I've been told I threw a small tantrum when the bowl ran dry. Over the years I've probably inhaled over 10,000 pounds of the stuff, give or take a bowl. I've had them plain, with dates, thick, thin, rolled, dry, cut, nuked and instant. My roommate in college cooked his in beer. He was Irish. In my travels I've ordered them from five-star hotels, from roadside diners, even a chuck wagon at the bottom of the Grand Canyon...some good, some bad and some so rude that spackle would taste better. Though it all, I think I've found the best.

I consider myself an expert on this stuff, so it's no small thing proclaiming the oats at Eladio's a notch above all others. It's a perfect blend of steel cut oats slowly cooked in cream. This recipe does not sit for hours in a large pot on the stove. It's made from scratch every time and takes a full 20 minutes. It's presented in an oversize oval bowl garnished with fresh berries, mint and a touch of brown sugar. It's served piping hot, so let it cool first and then savor it with a poached egg on the side.

The ancient Romans used to refer to the oat as "horse feed" and the people who consumed them (mostly Germanic tribes from the north) as "those oat-eating barbarians." Today, at some eateries, this claim still rings true. But at Eladio's, these oats have been transformed into one elegant bowl of hay. — *Raymond Bloom*

ELADIO'S is open for breakfast daily from 6:30 at 1 State Street in Santa Barbara. 805-963-4466.



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Taco Greatness The local secret that no one keeps secret – **Lily's Tacos**, at the end of Chapala downtown – works hard to deserve its reputation of having one of the country's best tacos under 2\$. Serving over 1000 every day, Lily's is a testament to the draw of authentic food and simplicity. According to owner Jose Sepulveda, Lily's modest menu – consisting only of 1 item, its famous taco with one of six meats – affords a focus that sets it apart from other restaurants. Sepulveda claims to have set out to make just one thing, but to "Make it right." "I don't want a menu of 20 items if I can't focus on every one," he says with a shrug. At Lily's, most tacos carry marinated pork (Adobada), beef (Asada), or steamed beef (Masiza). The brave, however, can try the lip (Labio), cheek (Cachete), tongue (Lengua), eye (Ojo) or Cabeza tacos – the last being a combination of all these more 'exotic' choices. Once they're ready, it's up to you to add onions, lime, cilantro and salsa to taste. Sepulveda moved to

California from La Piedad, Michoacan in Mexico and worked as a cook for eight years before deciding Santa Barbara was ready to be introduced to the recipes his family has been serving up for years. "I wanted to be true to our culture; authentic," says Sepulveda. "You can go any place in town and find the same flavors everywhere, so it's hard to have a favorite. We wanted to be authentic so people would have something to recommend." Now, he says, people are sent to Lily's by their friends, their taxi drivers, and their hotel front desks. Santa Barbara is lining up for lunch every day, and what began as a single room, 4-table restaurant is becoming a landmark – even being featured in The New York Times in 2006. "I feel like we're doing the right thing," is all Sepulveda says, smiling. "We always try to do our best, be original and focus on quality. I hope we can keep going with that." **Lily's is located at 310 Chapala St. Closed on Tuesdays.** — Sam Rolens. Photos by Ashley Renee.

Stella Mare's

French Country Cuisine

"I am so fortunate all over the world to find places that are very good that I can recommend, but I do have a short list of absolute must...if you come anywhere near Santa Barbara, this is a must... Stella Mare's...first of all, it is so casual and homey...it is beautiful to look at...very relaxed atmosphere, and secondly the food is fantastic"...

Rachael Ray

Rachael's Vacation show - Food Network - January 2009



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Ginger

Ginger is like a long-time lover who is hot, spicy and always keeps you interested. His name comes from the Sanskrit word *sringavera*, meaning “horn-root.” He’s been around the block: ginger is mentioned in the Vedic literature of India, *The Analects of Confucius*, and the *Koran*. Ginger is a major spice throughout Asia and Europe. In traditional Chinese and Indian medicine ginger is called “the universal medicine” and is particularly prized as a digestive aid. It is one of the most useful spices, as delicious as it is health-promoting. Imported from Asia, ginger was used copiously in medieval Europe. *Imbergasse* or “Ginger Lane” was the spice-trading street in Basel, Switzerland during those times. Even the English loved to pour it on; “Hot i’ the mouth” is how Shakespeare described ginger in *Twelfth Night*. Queen Elizabeth I is credited with inventing gingerbread,

by ordering likenesses of her friends to be created from ginger-flavored cookies. The Brits’ love for ginger crossed the Atlantic to the Colonies. Ginger cookies were passed around Virginia’s House of Burgesses to bribe voters. Later, the spice was a standard ration for George Washington’s troops.

—Miriam Hospodar

Fresh ginger

is used in virtually all the cuisines of Asia for its flavor and its pungent qualities. Slice off the necessary amount, peel and mince. A garlic press is terrific for mincing peeled ginger. Electric coffee grinders also do the trick. When adding to stir-fries or curries, sauté for about thirty seconds before adding the other ingredients. Store fresh ginger in the refrigerator in a paper bag. Fresh ginger makes luscious homemade chai: chop and simmer in water for two to three minutes, then add tea, ground cardamom, milk and sweetener. Bring the mixture to a boil, strain, and bliss out.

Young ginger

sometimes available in Asian markets, is less flavorful than the mature root, and in my opinion, has no advantage over conventional fresh ginger other than its novelty.

Dried ground ginger

is more powerfully pungent than fresh ginger; they are not interchangeable. It is employed in Western desserts and sweet foods, from pumpkin pie to ginger ale.

Candied ginger

is delightful in chutneys, jams, desserts and as a candy in itself. Trader Joe’s carries a variety of choices: chunks, organic, sugared, and unsugared. I like to add a small amount of chopped candied ginger to curried chicken salad and fruit salads. Try mixing with peaches or mangoes.

FAVORITE CHEESES

Cheeses are seasonal, just like fruit.



For a cheese that tastes like fresh-mown spring grass, you can't do better than **Green Hill**, a double-cream cow's milk cheese produced by Sweet Grass Dairy, in Georgia. Their Jerseys graze on lush pastures, and the result is a cheese as fresh as spring. With a soft, buttery texture, light acidity, and creamy finish, Green Hill is light enough to please everyone, yet sophisticated enough to win praise from seasoned cheese lovers. Available at **C'est Cheese** located at 825 Santa Barbara Street, phone number (805) 965-0318. www.cestcheese.com —*LH*



The light and delicate flavor and texture of **Brinata** cheese is a delightful deviation from the traditional Brie. Made exclusively in the Mugello area outside of Florence, this 100% sheep's milk cheese is made from only local Florentine sheep. Brinata has a lovely moistness and delicate white mold rind to complement the soft, airy center and smooth texture with a mildly sharp tang. This versatile cheese is best served with walnuts (candied or simply toasted), apple-raisin chutney, and a crisp, dry sauvignon blanc (stainless steel fermentation please), or a smooth and lightly peppery cabernet sauvignon. Available at **Via Maestra 42**, 3343 State Street, 805-569-6522. —*Tori Tsu*

Photos by Barbara Fabian

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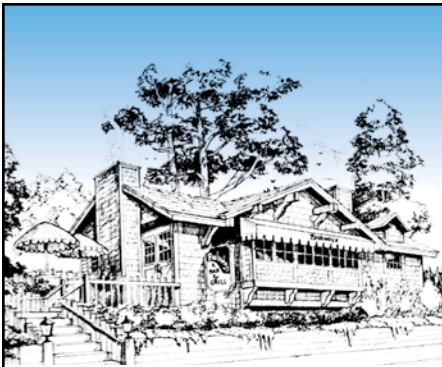
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FIRSTS

A Brief Report on Vinegar

Vinegar has been made and used for thousands of years. Traces of vinegar have been found in Egyptian urns dating from around 3000 BC. Needless to say, today's culinary world would be lost without it.

Vinegar is made from fermented beverages. Beer, wine, hard cider, fermented fruit juice, and hard liquors result from *anaerobic* (without air) bacterial action. Vinegar is made by the *aerobic* (requiring air) bacterial oxidation of ethanol in fermented beverages. The conversion to vinegar causes the accumulation of *The Mother* (The Mother is a stringy, slimy substance that forms on the surface and turns fermented beverages into acetic acid - vinegar). This is why that great bottle of wine you opened and didn't recap will quickly turn into vinegar. Vinegar may be produced either by fast or slow processes. Slow methods requiring weeks or months allow The Mother to develop naturally. Fast methods add The Mother to the source liquid before pumping in air to promote oxygenation. In fast production processes, vinegar may be produced in a period ranging from 20 hours to three days.

Balsamic vinegar, Balsamic means 'like balsam' (balsam is a thick aromatic resin). Balsamic vinegar is an aged vinegar traditionally crafted in the Modena and Reggio Emilia provinces of Italy. In its early days, balsamic vinegar was available only

to the nobility and the artisans who made it—themselves aristocrats. It was believed to be a miracle cure for everything from a sore throat to labor pains, and as a protection against the plague.

The unique and traditional Balsamic vinegars of Italy are made from the 'must' (unfermented juice) of mainly the Trebbiano grape. Other grapes used are Lambrusco, Ancellotta, Sauvignon and Sgavetta. The must is then boiled down in open pots over a direct flame. The extract (concentrated juice) is now a fruity syrup. At this point The Mother is added. The product is stored in barrels of different woods and is transferred to successively smaller and smaller barrels as it ages and evaporates.

True Balsamic vinegar must be made with grapes and is aged for 12 to 25 years. Balsamic vinegars that have been aged for more than 25 years are available with average prices of: 50 year old 3.5 oz. \$111.20, 75 year old 3.5 oz. \$198.40, and (if you're feeling flush!) 100 Year Il Grande Vecchio Mussini Balsamic Vinegar-2.4 oz. \$499.00.

Sadly, the commercial balsamic vinegars sold in supermarkets are typically made with concentrated grape juice mixed with strong vinegar that is laced with caramel and sugar.-- *By Laura Kirkley, owner of il Fustino. www.ilfustino.com*



Tangy and sweet... a fine, smoothly aged Balsamic vinegar from Italy. Priced at \$48.95. Available at Via Maestra 42, 3343 State St. 569-6522.

il Fustino's Rue 57 Salad

- 4 medium Beef Steak or Heirloom tomatoes cut 1-inch thick, discard top and bottom
- ½ cup, il Fustino's 25 Year Old Balsamic Vinegar
- 2 large yellow onions
- 4 tablespoons il Fustino Extra Virgin Olive Oil
- 2 cups Arugula
- Bleu, Feta, or Goat Cheese

Place tomato slices in shallow pan and pour vinegar over top, marinate for at least one hour but not more than two hours, turning tomatoes several times. While tomatoes are marinating, caramelize onions. Onions are naturally sweet; slowly cooking them in olive oil over a low to medium heat will produce an intensely rich caramelized batch of onions. Patience is a virtue, don't rush!

Plate Arugula and arrange tomatoes of top. Dress Arugula and tomatoes with caramelized onions. Garnish with your choice of cheese to taste.

Baking on the run

My friends and I both know I can't cook. That's why at pot luck events I'm always the one assigned to bring something already done. Be it a pie, cookies, cake, whatever...just make sure someone else made it. And since I believe in buying local and the convenience of one stop shopping, I'm a fan of Whole Foods Market. Their bakery offers great desserts and breads from local companies like D'Angelo's, Debbie's Delights, Ethnic Bread and more. Plus their own products that are made with the freshest ingredients, including cage-free eggs, natural butters and the best quality unbleached flour available. Other selections from the bakery include combread, foccacia, bagels, croissants, pies, and cakes of all kinds; plus a bake-house dedicated to gluten-free baking for everything from pizza crust to cookies. Whole Foods Market is located at 3731 State St. 805-837-6959 —RB



Photo by Melosh Dzadzio

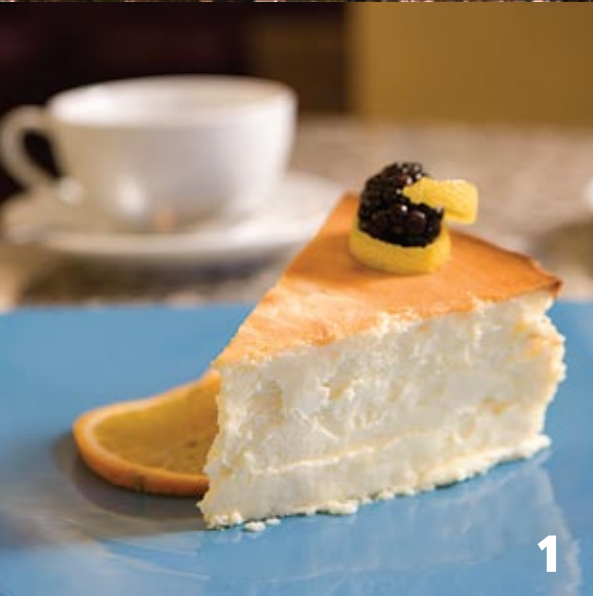
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DESTINATION DOWNTOWN



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3

Nothing beats beautiful day in downtown Santa Barbara. From the edge of Sterns Wharf to the Arlington Theater, from De La Vina to Garden Street, locals and visitors alike are treated to some of the worlds' best in the arts, architecture, dining, shopping, and culture. Simply park your car in one of several downtown lots and stroll to your favorite pub, the movies, restaurant, night club or theater. You have literally hundreds of choices and all set against the panoramic views of the sea and coastal mountains. Here are just a few of the reasons to get off the couch and come Downtown!

1 Petit Valentine Restaurant. Tucked away in the back half of La Arcada Mall is one of Santa Barbara's most romantic and intimate dining venues. The menu is diverse featuring French influenced entrees that include filet of bluenose sea bass, Colorado roast lamb sirloin, bacon-wrapped pork tenderloin and a signature dish of pan seared scallops served with black bean and orange. Desserts are decadent and delicious...wine list is extensive. Open for lunch Monday-Friday from 11:30 and dinner daily from 5pm. 1114 State Street in La Arcada, 966-0222.

2 Renaissance Consignment. Experience the ultimate in affordable luxury in what has been referred to as the most beautiful consignment store in the world. Choose from fabulous designer fashions and accessories like Chanel, Hermes, Prada, St. John, Gucci, Cavalli as well as Citizen of Humanity, Seven, Free People, Juicy and Betsy Johnson. Also featured are an amazing variety of purses and accessories to compliment any style. Located at 1118 State Street between Figueroa and Anapamu. 805-963-7800. Open daily 10-7 and Sunday 11-5. www.renaissancecorp.com

3 Aldo's Italian Restaurant. Since 1986, Aldo's has been a downtown favorite for lunch or dinner. Enjoy your classically prepared meal on the patio or in the Tuscan influenced dining room located in a historic Santa Barbara landmark. House specialties include fresh local fish, meats, pastas, pizza and one of the best cioppinos found anywhere. 1301 State Street. 805-963-0242 www.sbaldos.com

4 2000 Degrees. At 2000 Degrees, anything pottery is possible and your creative side will shine in ways you've never dreamed. This store allows you to design your own souvenirs, gifts and home accessories by using available paints and supplies making for a wonderful arts and craft experience for all ages. Most projects are ready to take home in about a week. 1206 State St., Santa Barbara. 805-882-1817.

5 Holdrens. A premier steakhouse in the heart of old town. Try the "Cowboy Cut" Holdrens signature steak... a 20-ounce bone-in rib chop. Great seafood and a classy bar offer a superb dining experience for all. Open for lunch and dinner. 512 state street. 805-965-3363.

6 Santa Barbara Cigar and Tobacco. If you're looking for a full service tobacco shop, you found the best. Featuring an extensive line of premium cigars and pipes from around the world, SBCT also carries custom-blended loose leaf tobaccos for the pure aficionado. Gift ideas include humidors, lighters and other accessories. Plus the premise includes a smoking lounge. 10 west Figueroa St. 805-963-1979.



4



5



6



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Groovy Gadget

Deep into the French film *Amelie*, I uttered a sigh heavy with nostalgia and envy. Was it when the beautiful dark-eyed heroine finally kissed her mysterious lover? Or perhaps when the grandfather of the movie's subplot finally enjoys the company of his previously unknown grandchild? No, it was when *Amelie* absentmindedly grated a rustic chunk of Parmesan onto her dish of fresh pasta. "Ooooh...a Mouli," I swooned out loud. When I snapped out of my reverie I convinced myself that those sitting nearest me probably thought I said, "Ooooh, *Amelie*." (She did, after all, look amazing.) "Mouli" is in fact a brand name that we used in our house when I was growing up to describe any rotary style grater. (Much the same as my mother called any brand of margarine, "Oleo.") It was at this point that I realized that I've been making do with lesser graters for too many years. In browsing the shelves of local housewares shops I'd seen many modern versions, but had been unwilling to make a commitment to a mostly plastic model. I wanted the durability and reliability of that simple stainless steel device from my childhood. Recently, I spied a nearly perfect replica of the graters of my youth at Sur La Table on State Street. The Cuisipro Cheese Grater is a model of efficiency with its removable drum, which can be replaced to allow either right or left handed grating. One simply places the cheese of choice into the "hopper," squeezes the device closed and turns the handle of the drum. Cleaning is quick and easy and additional drums for coarser or finer grating can be purchased separately. Best of all, the rotary grater is small and light-weight and there's no risk of scraping a knuckle or shearing a fingertip. The Cuisipro Cheese Grater is available at Sur La Table in Santa Barbara at Paseo Nuevo and in Thousand Oaks at the Promenade at Westlake, or online at www.surlatable.com.



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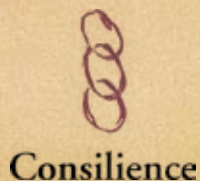


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Louie's

CALIFORNIA BISTRO



Housed in Santa Barbara's "upscale" Upham Hotel, a "quiet" Victorian with "lots of history", this "hidden gem" offers "creative", "up-to-date" Californian cuisine and "spot on" service in a "bistro"-like space with "wooden floors" and a "nice porch"; a few find the menu "limited", but "excellent specials", a "choice" selection of wines and "romantic" ambiance contribute to a "wonderful dining experience."

Food	Decor	Service	Cost
25	20	24	\$42

—Zagat 2008

Louie's, located inside the 130-year-old Hotel Upham, reflects the charm and tradition of its location, with a jazzy, comfortable feel all its own. A small but well-stocked wine bar is at the entry, and guests are served extra ordinary fresh seafood, pastas, filet mignon and a changing menu of specialties. There are cozy tables and booths inside or on an old-fashioned heated verandah outside.

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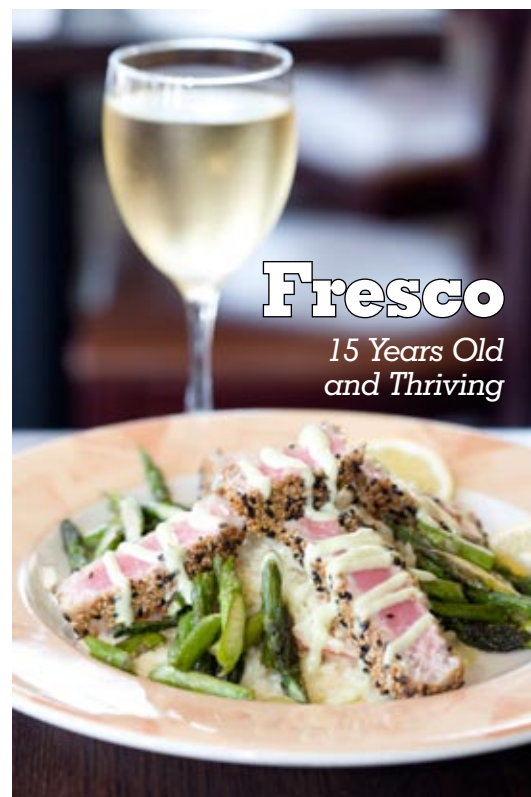
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FIRSTS



Fresco

15 Years Old
and Thriving

It is mid afternoon, a time when most restaurants are either closed or dead quiet, but at Fresco a steady stream of customers flows in, checking out the daily specials, ordering cakes for parties, (try the cupcakes!) settling down on the terrace with their favorite salad or sandwich. Come at mealtime, and the place is invariably abuzz. Fresco's recipe for continued success – they recently celebrated their 15th anniversary and have more than tripled their initial size, is simple:

serve good food at affordable prices in a relaxed, casual setting. Everything is homemade, and the kitchen remains open from 8:00 am to 9:00 pm. Breakfast offers a streamlined selection of egg sandwiches, fruits, potatoes, and pastries, while daily lunch and dinner specials complement the long list of gourmet salads, sandwiches, burgers, and wraps.

"Our menu is pretty eclectic," says owner Jesse Brouillard, who bought the restaurant from his parents Mark and Jill when they moved to Reno in 2004. "There is Italian influence, but our food really reflects the multicultural reality of California. We are known for our Caesar Salad and Eggplant Parmesan, but people also come for our BBQ Ribs, our Tortilla Soup, our Fried Chicken, and for Fish & Chips Friday, a nod to our Catholic family. We also have a catering menu that offers great value. You can get more upscale dining, but I don't think you can get better food for the price anywhere in town. We definitely don't skimp on the quality of our ingredients. We would rather have a lower profit margin and take good care of our customers. It builds loyalty." Fresco is located at 3987-B State St. in the 5-Points Shopping Center. 805-967-6037. –By Laurence Hauben. Photos by Lindsey Eltinge.



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Grillin' Chillin' and Mojitos, Oh My!

Patio party foods to relax by

BY LYNETTE LA MERE

I confess; I was a deck neglecter! My outdoor space began the warm season this year in a very poor state. It was a sad waste of a true blessing in my little world. I'm busy! I work! But no more excuses, I'm now happily on the road to a full recovery. I've spruced up my patio by bringing the comforts of indoors outside where I can enjoy the sunset and the breeze with my children and friends. The addition of a few new plants, nice outdoor furniture, new cushions and outdoor friendly linens have done wonders, it's like enlarging my home. Blocking some space with pre-manufactured partitions was a great move for my deck and gave it a bit more privacy as well. Next I'll be looking for solar lamps, lighting, evening heating and some beautiful umbrellas for shade... It's an exciting project transforming a neglected outdoor area into a great "get away" oasis right there at my house. It feels good to make the most of my home and spill out onto the outdoor areas with the style and panache to match my glorious dinners.

Mojitos

Yield: 1 pitcher

Refreshment defined; Mojitos do justice to fragrant, fresh local mint and makes a creative contribution to a summer gathering.

- 1 3/4 cup simple syrup (half water, half sugar, boiled until clear, cooled)
- 1 cup lime juice
- 3 cup light rum
- 2 bunches mint, rinsed and stemmed
- 5 limes, cut in chunky wedges
- two liter bottle club soda
- Meyer's dark rum to float
- Lots of ice & cocktail straws

Once the simple syrup is cool, add the lime juice and rum to it in a pitcher to create the base. Pluck the leaves from the washed mint and bruise them with a mortar or crush them with a spoon in each glass, a large pinch for each glass will do. Top the mint with 3 to 5 wedges of lime and fill half way with the base. Top that with lots of ice and club soda and float a splash of dark rum on the top. A cocktail straw is important with these.

Grilled Vegetables with a Virgin Oil Herb Drizzle

Serves 8 -10

In event season we make about two hundred pounds a week of these and still I find it hard to write a recipe; it's just so simple. The drizzle is easy once you've roasted the garlic cloves, I suggest making extra as they have so many uses in an active kitchen. Put a couple cups of peeled garlic cloves into a small baking pan, cover them half way with olive oil and cover the pan. Bake it at 350 degrees until golden and tender, about 45 minutes, keep this in the refrigerator and use the oil or garlic in any savory dish.

- 1 Tbl. roasted garlic (recipe above)
- 1/4 cup virgin olive oil
- salt & pepper to taste
- 1/4 bunch fresh Italian parsley, wash, shake, dry and chop
- 1/4 bunch fresh basil, wash, shake, dry and chop
- 3 lb. variety of fresh seasonal vegetables (sky's the limit here)
- 1/3 cup olive oil
- Finishing flake or kosher salt & pepper to taste (be generous)

For the drizzle; smash the roasted cloves with the back of a fork. Whisk in the oil, salt, pepper and herbs and set aside.

Cut the vegetables into similar size (you can leave young or small squashes or brussels sprouts whole and skewer them on water soaked bamboo skewers if you like) and toss them with the olive oil and salt and pepper to

(continued)



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COOKING AT HOME

(continued)

taste. Grill over medium coals or on a ridged grill pan till tips begin to darken and the vegetables are al dente; remember that they will continue to steam a little all piled together on the platter before they cool. Platter the veggies as they leave the grill, drizzle with the Virgin Oil Herb Drizzle, a finishing salt & fresh grind of pepper.

Grilled Peach Salsa

Serve this with grilled fish, chicken, lamb chops, or flank steak slices.

- 2 lb. ripe **peaches** (5 or 6), halved,
pits removed
- 1 Tbl. **olive oil**
- 2 **serrano or jalapeño peppers**
- 1/2 **red onion**, sliced thickly
- 1/2 cup tightly packed **cilantro leaves**
- 2 Tbl. fresh **lime juice**
- salt and pepper** to taste

Brush the cut side of the peaches with olive oil and put cut side down on heated grill or grill pan. Grill until peaches begin to soften, turn over with tongs and grill until they begin to fill with their own juices. Let cool.

Grill chilies until charred. Peel, seed and chop then up fine. Brush onion slices with olive oil and grill then dice.

Remove skin from peaches. Cut peaches into half inch or larger chunks. Toss with other ingredients and serve within two or three hours.

Summer Seared Tofu, Leek and Mushroom Soup

8 servings

A modern twist to the classic French Onion Soup, this is a lighter, luscious, deeply flavored clean soup that comes together very quickly. A perfect starter when the foggy ocean breezes kick up. So delicious, simple & easy; everyone will want the recipe, so have a copy on hand.

- 1/2 lb. firm **tofu**
- 3 **leeks**
- olive oil**, to sauté
- 1/2 **napa cabbage**
- 3-4 **portabella mushrooms**, stems removed
3/4 inch dice
- 2 Tbl. **roasted garlic paste**
- 80 oz. **vegetable stock**

Sear the tofu on a hot, oiled sauté pan, dice then set aside. Trim off the root ends of the leeks and the darker green part leaving about 2 inches of the pale green. Slice the leeks lengthwise and rinse well, being careful to get in between the layers, then cut in 1/2 inch slices. Sauté the leeks

in the same sauté pan. Chop the top half of the cabbage in 1/2 inch slices.

In a soup pot start the mushrooms cooking in a splash of olive oil. After about 4 minutes, add in the garlic paste, sautéed leeks, diced tofu, cabbage, stock and salt & pepper to taste. Stir over medium heat for 5 minutes then serve.

Classic Potato Salad

Serves 8-12

Far superior to anything premade, this is perfect do ahead / bring along fare and it's just good old fashioned delicious.

- 5 lb. **red potatoes** (cut in bite size, boil,
strain until dry)
- half a bunch of **celery**
- 1 **red onion**
- 6 hard boiled **eggs**
- 5 oz. **sweet relish**
- 12 oz. **mayonnaise**
- 2 Tbl. **mustard**
- 3 **green onions**
- 10 oz. **sour cream**
- 1 1/2 tsp. **prepared horseradish**
- celery salt** to taste and fresh ground **pepper**

Chop onions, celery and eggs while the potatoes boil. Mix everything together and enjoy.

Perfect Peach Pie

The trick is fragrant, ripe Farmer's Market Peaches and to bake it on a regular metal pie tin, in a nice hot oven on the bottom shelf and then, once out, let it rest and cool for 2 or 3 hours before serving.

Crusts:

- 3 cups all-purpose **flour**
- 8 oz. **butter**
- 1/2 tsp. **salt**
- 1 tsp. **sugar**
- Approx. 1/2 cup cold **milk**

Peach Filling:

- 5 cups of blanching and sliced **peaches**
(instructions follow)
- 1/2 cup **sugar**
- 2 1/2 Tbl. **flour**
- dash of **salt**
- 1/4 tsp. ground **allspice**
- 1/2 tsp **cinnamon**
- grating of **nutmeg**
- 2 Tbl. **butter**
- drizzle of **honey**
- bit of **milk & sugar** on the top

Flash-blanching peaches is a wonderful ritual

(continued on page 72)

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Consilience Syrah 2006

This wine racked up votes from all angles. Catering chefs, private chefs, restaurant owners and wine shops all gave a big thumbs up as a perfect pair to any steak, chop, rib or even Tri-Tip at your next BBQ event. The aromas are deep and very concentrated, yet silky with black liquorice, cherry tones and a long, smooth finish that will put a smile on your face. A great deal, too! With a retail price point of under \$17, it just might be the best valued syrah in the state. If you can find a case, buy it!

1

Fine Wines for the Bovine

The Top 20 Local WINES

That pair well with steak as chosen by the chefs



Beckman Grenache 2008

Holdren's Steakhouse owner Clay Holdren claims this wine as his overall favorite to pair with the house signature Cowboy Cut, a 24-ounce rib-eye. Explosive, red fruit flavors with vanilla and blackberry tones make for a strong stand to any grilled beef. Chops and ribs are a winner here, too. The wine is 100 percent Grenache made from the fruit of Beckman's Purisima Mountain Vineyard in Ballard Canyon.

2



Justin "Isosceles" Cabernet

This Cabernet-Cab Franc blend is a can't miss pair to any red meat...even hamburger! But you'd want to savor it with a rib-eye and grilled asparagus. Rich and loaded with dark berry flavors, kirsch, mocha and floral highlights. The wine's smooth, textured finish blends perfectly with smoky grilled meat flavors adding just the right touch to your meal. A little pricy, but a winner for special occasions.

3

It's always amusing to watch people's blank expressions as they thumb through the wine lists offered at most high end restaurants these days. Big Cabs, Syrah, Pinots, Merlots, Zinfandels, Grenache, expensive, really expensive...it's endless and most of us just don't have the time or desire to study up on the thousands of wine choices at hand. You need a Sommelier for that. After all, it's a lot easier to ruin a \$40 steak with \$40 bottle of mystery grape than the other way around. So, with the common diner in mind, we decided to ask the people most influence by the pairing of grape and beef...the chefs and restaurant owners who depend on that very blend of flavors to entice you back for more. We also asked the wine shops and wine managers at grocery stores for their opinion since they see more labels than anyone, and, let's face it the surest way to have the right wine served at your dinner table is to bring it. The rules were simple: All wines must be local (from the central coast, no Napa) and each person polled had to vote for their top three. The criteria was based on overall pairing with steaks chops and grilled vegetables; the price point and availability. The following is the local's short list as chosen by the experts. It's by no means the only list, but it's a damn good start. Enjoy!—F&H (Note: Some 78 wines received at least one vote. Those receiving more than one were then re-polled for the final list.)



Epiphany (Gypsy) 2008

Flexible and fantastical Wine shop owners and chefs love recommending this wine because of its overall meat pairing virtues. A blend of Grenache, Mourvedre Syrah and Cinsault, Gypsy has the fruit, mineral and spice accents, along with an elegant finish to pair perfectly with everything from prime rib to pork chops. It's great for an afternoon BBQ on a hot day or late summer steak dinner on anyone's patio.

4



Vogelzang Cabernet 2006
Silky smooth. Amazing mouth feel with great balance. Sweet currants and blackberries. A big wine for a big steak.

5



Jaffurs Syrah 2008
Year after year this wine performs. Chefs like the spicy undertones and wild berry flavors as a complement to big steaks like rib-eye and pepper New York. It adds just the right bite to grilled veggies, too. This is a big meal wine.

6



Carr Cab-Franc
Pair with barbequed meats and vegetables is what the experts say to do with this lovely wine. Flavors range from deep plumb to tobacco and everything else you can dream of. A favorite among private chefs who want to accent their events with a truly over the top pour by the glass beverage. A bottle at your favorite downtown table would be more than okay.

7



Kunin Syrah
Deep colored and fruity with just the right sweetness for a hearty meal. Hand crafted by owner Seth Kunin, this wine is a can't miss.

8



Kaena Grenache 2007 This wine's mantra means "potential for greatness" a Hawaiian term from its maker Mikael Sigouin, a native Hawaiian. A small production of just 50 cases makes it hard to find, but well worth it. Try the Winehound or East Beach Wine.

9



Hitching Post Highliner Pinot 2006 Created by partners Frank Ostini and Gray Hartley, this wine will improve with age. But of course it's great now! Sweet berries and bright fruit give it a rich, full taste.

10



Melville Syrah 2008
A super value at under \$21. A dark black purple hue embodies the wine with fruit aromas of dark cherry and chocolate. Serve with any beef from Tri-Tip to Filet.

11



Margerum 2006 M5
As always, this multi-vineyard, multi-varietal cuvée illustrates the benefits inherent in a blended wine. Wine Spectator rating: "90...Lean and spicy, with pepper, wild berry, boysenberry, pomegranate, and black cherry fruit that's fresh, lively, intense and persistent. Syrah, Grenache, Mourvèdre, Counoise, and Cinsault."

12



Star Lane Cabernet 2005
Immense concentration, with huge, lush tannins that frame tightly layered cassis, blackberry and plum.

13



Samsara 2007
93 pt rating, Chad Melville's creation has a highly perfumed nose with aromas of candied red berries, spice cake and incense. "Simply fantastic!" says Bob Wesley from The Winehound.

14



Foley Pinot Noir
A Santa Rita Hills favorite... this is an elegant Pinot with layered scents of luscious cherry, spice and craberry offset by classic earth. Wonderful with all meats.

15



Kunin Pape Star 2007
Seth Kunin's specialty brand is a combination of Grenache, Syrah and Mourvedre which gives it the meaty first sip and a rich, fruity finish you're looking for when dining on steak. Delicious!

16



Stephen Ross 2007 Pinot Noir
The 2007 vintage was exceptional on the central coast, and this remarkable bargain shows loads of luscious cherry cola, brown spice and substantial presence on the palate, without veering into ripeness akin to Syrah. Enjoy it with lamb chops or roast pork.

17



Babcock (Fathom) 2006
A blend of Cabernet, Cabernet Franc and Merlot, this wine is a sure bet with rack of lamb or filet of beef. Earthy, complex, very rich blackberry flavor and mild tannins.

18



Brander Reserve Cabernet 2007
This wine ruby-colored, fruit-forward, greets you with blackberry and thyme on the nose, ripe cherry cream. Soft oak and vanilla finish make for a great supper wine.

19



Fess Parker Pinot Noir 2006
Rich in color and bursting with flavors of spice, cranberry, light blueberry and strawberry. This wine displays great balance and a lingering finish. Perfect with rack of lamb.

20

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WINE COUNTRY



Spanish Varietals Primer

Iberian Flair

The Padres were the first to plant grapes in California, but Spanish varietals occupy a relatively small acreage, and are far less well known than their French or Italian counterparts. Yet they are exciting wines, they generally won't break the bank, and they have an exotic cachet that makes them an excellent choice to bring to summer parties. Selection at local wine shops is still limited – East Beach Wines and Carpinteria Wine Company are your best bets, but Mitchell Sjerven, owner of bou-chon, Seagrass, and Wine Cask is a fan, and serves some excellent examples by the glass.

Cheers,
Laurence Hauben

Here is a quick overview

Albariño: The premium white grape in Galicia (northern Spain), also grown in Portugal, where it enters in Vinho Verde. Thought to be a clone of Riesling, it is unique in its blend of sensual aromatics – peach, green almond, gardenia, braced by razor-sharp acidity and almost salty minerality. Fabulous with grilled seafood, ceviche, paella. SB County producers: Longoria, Verdad. Paso Robles: Lone Madrone, Silver Horse, Tangent.

Malvasia Blanca: Ancient grape, originally from Greece, also grown in Italy, sometimes made into sweet wines – Vin Santo, Malmsey. Wonderfully aromatic with hints of lychee and honeysuckle, great with spicy Asian foods. Paso Robles Producer: Kenneth Volk, Wild Horse. (Wild Horse and Volk also produce Verdelho, another white Iberian varietal worth discovering.)

Tempranillo: Referred to as Spain's Noble Grape, "Tempranillo makes a bold, earthy, somewhat tannic wine with lots of chocolate and spice. I

like to think of it as ... masculine, almost macho in nature," says Louisa Lindquist, whose Verdad label is dedicated to Spanish varietals. The Four Vines guys in Paso call theirs "Loco," and rate it "Tres Cojones." Great wine to bring to a red meat barbecue. SB County producers: Curran, Iberian Remix, Longoria, Verdad. Paso Robles: Too many to list here, but Four Vines "Loco," Kenneth Volk, Opolo, and Silver Horse stand out.

Garnacha: Better known as Grenache - its French name, it is second only to Tempranillo in Spain. Lush fruit with notes of raspberries and strawberries, round body, often used in blends but delicious on its own. As a red wine, perfect with grilled chicken and lighter meats. Sometimes made into an excellent dry rosé. SB County producers: Sold as Grenache: Beckmen, Core, Curtis, Jaffurs, Kenneth-Crawford, Verdad (rosé). Paso Robles: Villa Creek 2008 Garnacha. Sold as Grenache: Cass Winery, Tablas Creek.

Mataro: AKA Mourvèdre. With strong tannins, aroma of leather and truffles, and high alcohol levels, it is mostly blended with Grenache and or Syrah. —By Laurence Hauben.

VERDAD This wine is 75% Tempranillo, 15% Syrah and 10% Grenache. The Tempranillo was farmed organically at Ibarra-Young Vineyard in Los Olivos. The Grenache was farmed biodynamically at Purisima Mountain Vineyard in Los Olivos and the Syrah is from the Bien Nacido Vineyard. Tempranillo makes a bold, earthy, somewhat tannic wine with lots of chocolate and spice. Available at the Wine Cask.

EL CHAPARRAL DE VEGA SINDOA 2008 GRENACHE

Mage from vines 60 to 100 years of age. Exotically perfumed bouquet displays black raspberry, cherry compote, licorice and dark chocolate, plus a sexy floral overtone. Finishes with strong clarity and mineral snap. Year in and out, this is a great value! Available at the Winehound.

NVMANTHIA 2006

In Spanish history, Nvmanthia means the spirit of heroic resistance. The marvelous nose is full of ripe blackberries, currants and warm summer raspberries with hints of thyme and vanilla. Young assertive tannins are balanced by a touch of chocolate on the long finish. Available at Renegade Wines.



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I love vegetables, and I eat a ton of them. I even went through a couple of vegetarian episodes, years ago, before I learned to assume my omnivorous nature. As a teenager, I decided that eating meat I wasn't willing to kill myself was hypocritical, so for two years I loudly proclaimed my meatless moral superiority. I spent a week at a girlfriend's house and turned my nose up at the splendid prime rib roast her parents had cooked in honor of my visit. I still cringe at the rudeness of it. There was also a macrobiotic phase when I tried subsisting on whole grains, vegetables, and seaweed. It made me miserable and didn't last very long. I have since come to accept the truth: Once in a while, I just have to have a steak.

The craving is difficult to explain, a deep, carnivorous urge, the physical need to sink my teeth into deliciously charred, salty-sweet, juicy, tender meat. I saw the same impulse in my eight months old daughter – who I had dreamed of raising as a dainty vegetarian, when she hungrily claimed the lamb chop her dad was eating. She pointed to it with a grasping hand and explicit grunts, held it like a lollipop, and gnawed on the meat with a triumphant greed she had never displayed for applesauce. How many genes exactly do we share with wolves? Judging by the enduring success of steakhouses, I'd say plenty.

What makes steaks and chops irresistible is that they are at once luxurious and uncomplicated. Uncomplicated, because they cook quickly and without much fuss. No long hours spent stirring a pot or clarifying stocks, no challenging list of hard-to-find ingredients. Sure, you can seek out intensely marbled Wagyu



Harry's Café

STEAKS & CHOPS

SHORT STORIES ON THE PRIME SPOTS
IN SANTA BARBARA

by Laurence Hauben

Photos by Mehosh Dziadzio • Eliot Crowley • Michael Brown
Ashley Renée • Lindsey Eltinge • Shelly Vincent

beef, a wonderful delicacy on the menu at bouchon and the Wine Cask, or favor "Natural" beef, a term that has no legal meaning though it generally implies that the steer was raised without growth hormones or antibiotics. But serve a well aged USDA Prime Angus seasoned with pepper and Kosher salt and grilled over red oak, and nobody will complain. The Hitching Post has become deservedly famous doing just that –well, they do have a special "Magic Dust" seasoning blend, and excellent Pinot Noir.

You can keep the sides simple: potatoes reign supreme, generally a choice of baked, mashed, or fried, with some fun variations: try the Lyonnaise at Sly's in Carpinteria - sautéed in butter with thinly sliced onions and parsley, and the truffle parmesan French fries at Rodney's. If you are limiting carbs, the rapini with garlic at Lucky's are a good choice.

Steaks are luxurious because they are generally cut from the most tender and therefore the most expensive parts of the beef, beginning just behind the shoulder and heading toward the tail of the animal: from the rib area come prime rib and ribeye, from the loin the filet, T-bone, porterhouse, and New York strip; behind the loin comes the sirloin, flavorful but not as tender, so try to pick your sirloin steaks from as close to the loin as possible. There is much debate as to the merit of each cut. Filet is the most tender, reasonably portioned, and favored on the menu of many upscale dining rooms, but true steak lovers often prefer the rich flavor of ribeye, and swear that rib meat, whether you are talking beef, lamb, or pork, is the tastiest. If you can't decide between New York strip and filet, order the imposing Porterhouse, which brings together the two

Photo by Eliot Crowley

cuts and is big enough for two. Ask a Brazilian, and he or she will swear by Picanha, the sirloin cap, covered with a thick layer of fat that melts deliciously into the meat as it grills on the churrasco. In the last few years, Americans have also discovered cuts they use to neglect: flank steak, hanger steak, and skirt steak, chewier meats but full of flavor, and less expensive even though their price has risen with their increasing popularity. You can try hanger steak at Le Petit Valentin in La Arcada, a deal at under \$20. Grass-fed is another trend, healthier for the environment, the cattle, and the diners, though still hard to find at local establishments, due in part to price, but also to limited availability, a leaner texture, and bolder flavor that will take folks raised on corn-fed meat some getting used to.

Grass-fed was the norm in France when I was growing up. Steaks were on the menu every Saturday for lunch, and always served with French fries. The meat was cut to order by our neighborhood butcher, generally in the "bavette," a tasty small cut from the beef short loin. My mom made the best fries in the world. I helped her peel large potatoes of the Bintje variety that is the staple in Northern France and Belgium, and she cut them nice and thin, but not too skinny, just under three eighths of an inch thick. Then we rolled the potatoes in towels to thoroughly dry them before plunging them in hot beef tallow, which is not nearly as bad for you as trans-fat laden shortening, and a lot more flavorful. We had a special "friteuse," a deep black kettle fitted with a wire basket whose handles were hinged to rest on the lip of the pot, so the basket could lift up to let the fat drain from the potatoes between the first bath, which cooked the fries, and the second one, which crisped them to perfection. In between, she quickly cooked the steaks in butter with minced shallots. A spoonful of mustard and splash of red wine finished the sauce. She had the timing down pat, never overcooking the meat nor letting the fries lag. A quick toss of salt on the hot fries, and we sat before our favorite meal of the week, the steak served "saignant" – on the bloody side of medium rare, running juices and sauce happily mopped with our French fries. God it was good! I can't imagine how I ever swore it off.



Holdren's Steakhouse

Since the day it opened, Holdren's has been a major player in the Santa Barbara steakhouse scene. All of Holdren's steaks are cut from Midwestern corn-fed beef, then aged to exact house specifications and charbroiled over a mesquite grill. Try the "Cowboy Cut" - Holdren's Signature Steak - a **24 oz. prime bone-in rib chop** served with spicy onion rings. Another favorite is the prime New York pepper steak topped with a brandy peppercorn reduction. All steaks are served with your choice of baked potato, twice baked, garlic mashed, fries, rice pilaf or mixed vegetables, and a side of sauce (rosemary bleu cheese, peppercorn, or bourbon). Holdren's also feature a full bar with a broad menu of martinis and a wine list rivaled by few. Holdren's is located in Old Town, 512 State Street. 805-965-3363.

TOP CUT

THE TEE-OFF forever shines for Prime Rib

Sure, they serve lamb and fish and chicken at the Tee Off. There's shrimp scampi and crab cakes and crab legs as long as your forearm. But the Tee Off is really about Prime Rib. It's their specialty. USDA Prime Rib roasts are lovingly slow-roasted, carefully cut to order, and served any number of ways. A Par Cut is ten ounces and the cuts only get bigger from there. Eagle Cut is a single bone-in rib. Double Eagle is double your pleasure and is as big as the plate – a carnivore's dream come true. The names come from the Tee Off's beginnings as the unofficial clubhouse for the nearby municipal golf course (golfers are notoriously fanatical about Prime Rib). The Birdie Cut is less traditional. A ten ounce cut is seasoned with garlic, butter and a secret blend of herbs, then grilled. The surface is crispy, salty, and hints of basil, thyme, oregano, pepper, and something else... something really good! There's a blackened Ace Cut, with zesty Cajun seasonings. A Prime Rib sandwich comes open faced on garlic bread paired with the Tee Off's close-to-perfection fries. The Prime Rib Pot Pie is popular at the bar, and is served in a hollowed-out sourdough round, topped with mashed potatoes and melted cheese. It goes great with a beer and a game on the big screen TV. Then there's Wednesday nights. That's when all those bones from the Par Cuts are grilled up and slathered with barbecue sauce for a little bit of heaven called "Prime Rib Bones Night." Now, that's a hole-in-one! — *Julia McHugh*

Tee Off Restaurant and Lounge
3627 State Street 805-687-1616;
www.teeoffsb.com

Photo by Ashley Renée



Louie's Luscious Lamb

"Everyone looks good in our lighting," says Anne Rizzoli with a laugh. She certainly does; the soft illumination in Louie's dining room makes her face glow and her jewelry glitter. But I only have eyes for the dish before me. **New Zealand rack**

of lamb is perched atop creamy mashed potatoes, surrounded by grilled vegetable including onions, asparagus, beans, and peppers. Mandarin oranges are scattered around. It's a lovely sight, colorful yet seductive. You won't find it on the printed menu, but Louie's grilled lamb has a permanent place among the Nightly Specials at this eatery located in the **Upham Hotel**.

"It started as a Special about five years ago," recalls Rizzoli. "People kept coming back and asking for it. So now, we have it every night, and just change the sauces and the sides." Tonight's sauce is a delightful blend of orange and rosemary, which mingles nicely with the lamb au jus. On other nights, there may be balsamic mint sauce or a cabernet mint reduction. The lamb is marinated overnight in Herbes de Provence, garlic, olive oil, and red wine vinegar. It is seared on the grill and then finished in the oven. The meat has a lovely crust, packed with the flavors of the herbs and the char of the grill. It is savory, draped with the velvety sauce. The potatoes elicit a quiet moan and Rizzoli laughs again. "You taste the butter and cream, right?"

We had hoped to eat outside on the porch, but a windstorm had moved us into the dining room. The porch, which faces West Sola Street, is festooned with twinkle lights and has candles on the tables. Soft music plays. A row of two-tops line the railing. Along the sidewalk, a man walks his white poodle. "It feels like a neighborhood restaurant," remarks Rizzoli, who began as a server here 15 years ago. When the owners moved to Florida eight years ago, Rizzoli and another longtime server Trey Brooks, bought the place. **Chef Tony Manzaneras** celebrates 24 years at Louie's this year.

Louie's is still looking – and tasting – great-- By *Julia McHugh*. Louie's is located at 1404 De la Vina Street, in the Upham Hotel, 963-7003, www.louiecssb.com.

Photo by Ashley Renée





LUCKY'S

LIKE NO OTHER

There's just no other eatery in Santa Barbara that practices the art of serving a prime steak dinner better than Lucky's on Coast Village Road. In an era where many restaurants are trending towards a quick table turn and high volume bar food, Lucky's remains one of a rare few to honor the no nonsense steak dinner traditions. From the moment you're greeted at you car by the valet, seated at your table, encouraged to roll up your sleeves, martini in hand, you are served. Are you ever served!

It all starts with the end in mind. The steak, of course, which at Lucky's are exclusively USDA Prime as chosen by their purveyor, Newport Meat Company, who hand selects the days beef from the top 50 percent of Prime beef available...generally from the mid-west. Chosen for its exquisite marbling, the beef is aged before delivery and then further aged to enhance flavor, texture and tenderness. "We never compromise in this area," says operating partner Leonard Schwartz. "We offer three sizes of Filet Mignon; two sizes of New York steaks and additionally, very popular bone-in versions of both." The menu also features an 18 oz. rib chop and a massive 24 oz. Porterhouse. Steak specials often include a flat iron steak with white beans and rapini (turnip leaves) or a garlic marinated Rib-eye.

After a simple seasoning with kosher salt and freshly ground black pepper, each steak is seared in a 1500-degree char broiler and then finished in a hot oven to the desired doneness. The chefs recommend either rare or medium rare for most steaks, but it's their pleasure to cook a steak any way a customer prefers.

The menu also offers a variety of house made sauces to serve with specialty steaks. The most popular include a savory red wine sauce, a bold peppercorn cream sauce and the classic Béarnaise.

Lucky's takes great pride in its selection of side dishes. Favorites include the ever-popular skinny onion rings, delectable Farmers Market little French green beans with shallots, creamed spinach and fresh creamed corn.

Potato offerings include garlic mashed potatoes, hand cut French fries and/or home fries, hash browns with Gruyere, baked potatoes, potato skins and fried sweet potatoes.

For more information on Lucky's menu and hours of operation call 805-565-7540 or go to www.luckys-steakhouse.com

Photo by Michael Brown

SLY'S

IT'S ALL IN THE SAUCE

Order a steak at Sly's and be ready for some choices. Not just between a Ribeye or New York cut, but among sauces.

"It's nice to know there are no bad choices, right?" says James Sly with a smile. Nine small bowls arrayed before him are filled with a palette of bronze, mahogany, tan, and garnet. A palette for every palate.

He begins with Béarnaise, the classic sauce for grilled meat and fishes. It's a creamy, light emulsion, like a Hollandaise, but more vinegary and seasoned with tarragon and shallots. Adjacent is the Hollandaise itself, a pale yellow color, fragrant of lemon. Both are thick yet delicate in texture, a wondrous thing.

Maitre d'Butter is a simple -- butter mixed with shallots, garlic, cayenne, lemon juice and parsley -- yet, "highly underrated," according to Sly. "The chilled mixture melts on the steak on the way to the table."

Horseradish sauce is another steak house tradition. Sly makes his own fresh. "You don't want to inhale the fumes while it is being blended," he points out, his eyes twinkling above his signature handlebar mustache.

For the Fresh Tomato and Herb sauce, diced Farmer's Market tomatoes are mixed with lemon juice, shallots, olive oil, a touch of French mustard and a liberal dose of chives, parsley, tarragon and basil. It's low in calories, but high in flavor.

Velvety veal stock is the base in the Red Wine and Shallots and in the Ragout of Mushrooms, which boasts both dried porcinis and roasted fresh mushrooms.

Sly's offers two tasty peppercorn sauces. The Pepper Steak features cracked black pepper in a reduction of shallots, white wine, and veal stock, finished with real cognac. "It's got that black pepper bite," says Sly. "I can eat that sauce by itself, just over a bowl of rice."

The Green Peppercorn Cream sauce is "good on just about every meat," he adds. It's terrific over the Top Sirloin in the Steak-Frites entrée and tastes just as good on the salty fries.

Who can choose? —JM

SLY's. Corner of Linden Avenue and Seventh Street, Carpinteria, 684-6666, www.slysonline.com





JOE'S OMAHA & EGGS

Rick's got a secret. The chef at Joe's Cafe is grinning at me. "I won't tell you what it is until you taste it," he says, "I don't want to influence you." He heads to the kitchen with my order for signature Omaha Steak & Eggs, chuckling all the way.

What is an "Omaha Steak?" It's reportedly been on the menu since the early days of the popular eatery, founded by Italian immigrant Joe Ferrario in 1928.

Rick's not saying. Not, at least, until I've tasted it.

Gene Montesano bought Joe's Cafe in 2003 and restored the place to look like it might have looked in the 1930s. Some of the rough edges have been softened, for sure, but the menu is still simple comfort food and there's plenty of it. Don't forget the cocktails, deemed "the stiffest in town" for 11 years straight.

They serve breakfast seven days a week. Headlining the menu are a Skillet Cake with fruit, Chicken Fried Steak with biscuits and gravy, Corned Beef Hash topped with poached eggs, and Omaha & Eggs, which have just arrived at my table, served with eggs sunny-side up.

Rick's waiting. I cut off a piece of the thick, seared slab of beef and use it to break the yolks, smear it all around with some of Joe's chunky salsa and dig in.

It's tri tip. There's no mistaking it. Had I read the lunch menu, I would have seen the words printed there.

It's also delicious. That's no secret.

—Julia McHugh

Joe's Café, open daily 7:30 a.m. to 11 p.m. Breakfast served until 11:30 weekdays, noon on weekends. 536 State Street, 966-4638, www.joescafesb.com

Photos by Ashley Renée



Paradise Café



Olio e Limone



Petit Valentin



Bouchon

Harry's Plaza Cafe

For nearly four decades Harry's has been a gathering place for locals who are looking for a no nonsense drink and a steak to go with it. An atmosphere that just oozes steakhouse, from the red upholstered booths to the huge martini glasses to the massive museum quality photo collection on every inch of wall space, showcasing celebrities and local heroes who have dined there. Harry's features an extensive list of fine local wines and all cuts of beef are hand trimmed USDA prime on site daily. Signature steaks include a **16-ounce bone in rib-eye**, (try with onion rings and asparagus) and the 16-ounce New York. All steaks come with choice of fresh sides, soup or salad for one of the heartiest meals you'll ever enjoy. Harry's is located in Loreto Plaza, 3313 State Street. 805-687-2800.

In Paradise it's all about the oak.

For the last 27 years, **Paradise Café** has been dazzling local diners with the inimitable tastes and aromas coming from its famed kitchen.

So what's the restaurant's secret formula? According to owner Randy Rowse, it's more than just what goes in the food; it's also what goes in the grill: logs of local live Santa Maria Oak. Just walk by the restaurant any morning and you smell the flavors heating up.

"Oak imparts a very unique, pungent flavor to food that is quite different from any other type of wood," said Rowse. "It gives an unmistakably savory flavor to our meat and fish, and it's the secret to our ever-popular Paradise Burger."

The thing that makes Paradise Café's tantalizing throng of menu items so special is that they are the only ones in Santa Barbara to use this particular type of wood. "Some use mesquite," says Rowse. "That's for amateurs. The oak, *this oak*, has the real flavors."

One dish that has become a favorite among regulars is the inch-and-a-quarter thick, **12-ounce Double Cut Pork Chop**, served with a tart and slightly spicy lingonberry and Dijon mustard sauce. It is a special hormone-free pork chop grown in the Midwest, and it has an incredibly sweet flavor, accented with the smokiness from the oak grill. Accompanied by garlic mashed potatoes and a dollop of cinnamon-apple sauce, this is a dish that should not be missed by any meat lover. Pair it with a nice pinot noir or perhaps a spicy zinfandel, then sit back, relax, and prepare to loosen your belt a notch!

"This is definitely not your mom's pork chop!" said Rowse.

(continued)



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The Chase



Opal



Wine Cask

Olio e Limone

Lombata di Vitello alla Griglia. If you're in the mood for veal, you have to try the **grilled veal chop** with rosemary jus, roasted potatoes and fresh seasonal vegetables. It is premium special-fed veal. Primal rib cut. A wonderful dish to be savored slowly and with fine wine. Visible through a glass wall in the main dining room is the wine cellar, which provides guests with over 230 selections. The extensive wine list reflects owners Alberto and Elaine Morello's passion for wine which has garnered the prestigious Wine Spectator Award of Excellence since 2002. Olio e Limone is located at: 17 West Victoria Street. 805-899-2699. www.olioelimone.com

Bouchon

Blood Orange-marinated char-grilled rack of lamb with Yukon Gold mashed potatoes, haricots verts and tomato-black olive relish. Working closely with local produce growers, fishermen and game ranchers, the chefs at bouchon have fashioned the flavors of this wonderful dish to match the local wines. Over 40 local varietals are poured by the glass to ensure a perfect pairing. Bouchon is located at 9 West Victoria Street. 805-730-1160.

A flavor worth "hanging" for

You have to know where you're going because it's almost hidden. Situated within La Arcada Court, just behind the Santa Barbara Museum of Art on State Street, is a quaint yet chic French-Fusion Restaurant called **Petit Valentien** – a true gem of Santa Barbara's restaurant scene. With an extensive wine list, a warm ambience and European-style patio seating, it offers all the elements that you would expect from a French Bistro. However, the menu also proudly features one item you might not expect: a Kobe beef **Hanger Steak** that could rival the offerings of any steakhouse in town.

The Hanger Steak, or Onglet in the French, is a tender Y-shaped cut from the diaphragm area. It has traditionally been more of a boutique cut, due to the fact that only one can be obtained from each animal. However, two years ago, Petit Valentien decided to start putting it on their menu, and since then, its popularity with local diners has soared.

Topped with tomato-ginger jam, and served with fresh seasonal sides, this culinary delight is almost tender enough to be cut with a fork. The sweetness of the jam provides a wonderfully unexpected contrast with the quite robust flavor

(continued)

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Some samples from Chef Moises Bernal

Vénison Sausage Stuffed Mushrooms
New Zealand Rack of Lamb
Sautéed Medallions of Rabbit
Norwegian Salmon

Charbroiled Ox T-Bone Steak
Grilled Ringneck Pheasant Breast
Wild Caribou
Charbroiled Sea Bass

Cold Spring Tavern

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Sea Grass

of the steak, making it as easy to pair with a nice, light Syrah, as with a rich, full-bodied Cabernet. Bon Appetit! – By Kevin McFadden.

Petit Valentien is located in the La Arcada Mall, 1114 State St. 805-966-0222.

The Chase

12oz Frenched (bone in) veal chop. This dish is probably the best kept secret among regulars in town. Who knew that this long time local favorite for pasta and seafood also served one of the tastiest veal chops on the planet? Lightly seasoned with a house blend of selected spices, the dish is pan seared hot and then finished in the oven. The perfect sides include fettuccine Carbonara (Alfredo sauce combined with bacon, peas and onion) and a tossed Cesar salad. Bella! Pair it with a local Cabernet. The Chase is located at 1012 State Street. 805-965-4351.

Opal Restaurant and Bar

Just about everything on the menu is the collaboration of time tested culinary techniques and a fusion of cutting edge ideas. It's no wonder they serve up an eclectic tasting array of steaks and chops which are part of their daily special menu. Try the filet with a bean and pepper relish or even a mushroom and wine sauce. Suggest any side or sauce to the kitchen and they'll most likely amaze you with the flavors. The **rack of lamb** is also tender and delicious. The wine list is extensive and the house Syrah pairs perfectly to all meats. Opal is located at 1325 State Street. 805-966-9676.

Sea Grass

Owner Mitchell Sjerven knew he'd have to feature a few non-seafood items on the menu at Seagrass just in case there was someone in the group that preferred meat. What he gave them was one of the best in town...the **Kobe beef flat iron steak**. Grilled to medium rare, the dish is served with potato gnocchi, king trumpet mushrooms, market carrots and green

(continued)

Ruth's Chris Steakhouse at La Cumbre Plaza, sears their steaks in a blast-furnace, 1800-degree oven, then slaps them on plates heated to 500 degrees. Ruth's fans think this is perfection. But can it be improved? I added a blue cheese "crust" to their signature filet. It was crispy and thick, towering atop a plump steak. I could feel the heat wafting up as I leaned over the sizzling plate. At first the temperature of lava, the topping eventually cooled to make a decadent, cheesy counterpoint to the exquisite beef. Purists may be shocked, but it was sensational. —JULIA McHUGH

RUTH'S CHRIS STEAKHOUSE is open daily for dinner. 3815 State Street, 563-5674



Sea Grass photo by Shelly Vincent

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Piatti



Aldo's



Café Buenos Aires



Jill's Place



The Palace Grill



Cold Spring Tavern

beans, finished with a bordelaise sauce. Pairs nicely with a local Syrah. Seagrass is located 30 East Ortega Street (at Anacapa) 805-963-1012.

Wine Cask

Grilled Prime Rib-eye. Since it re-opened last year, The Wine Cask mantra has been to serve its patrons an American Riviera dining experience featuring extraordinary wines. This prime rib-eye is no exception. Served with a savory Yukon Gold potato puree, fresh braised market greens and Chimichurri and Veal Demiglace for sauces. Wine pairing for this dish is Margerum M5. These flavors are extraordinary! Wine Cask is located at 813 Anacapa Street. 805-966-9463. www.winecask.com

For the sear...it's Jill's Place

Her last name is Shalhoob, which guarantees that the steaks at Jill's Place will be amazing. In the same site as her father's first butcher shop, Jill Shalhoob continues the family meat dynasty by serving up steaks generously dashed with her brother's signature seasoning rub (he runs the eponymous wholesale meat company).

The steaks are first slapped into a sizzling hot pan, then finished in a blazing oven, caramelizing the seasonings and sealing in the flavor. One of the best deals in town, a steak dinner at Jill's also includes soup (a split pea recipe from her beloved grandmother Helen Romp, who owned the original Arnoldi's) and a salad.

Crisp and buttery garlic bread just keeps on coming, great for sopping up the juices from a **14-ounce New York** steak, drizzled with either green peppercorn or béarnaise sauce (I use both). An icy cold Beefeaters martini is an aptly named accompaniment.—*Julia McHugh. Jill's Place. 632 Santa Barbara Street. 963-0378. www.shalhoobs.com.*

Aldo's

Pork Chop Agro Dolce. One half-pound oven roasted French rib-chop with house made sweet and sour dried cherry sauce, rosemary, capers, and pine nuts; served with fettuccine Alfredo. Pairs great with a spicy Syrah or smoky Pinot Noir. Aldo's features a superb veal dish, Veal Saltimbocca; topped with prosciutto, sage and gorgonzola. Aldo's is located downtown at 1031 State Street. 805-963-6687.

Café Buenos Aires

Steak Churrasco. Owner Wally Ronchietto buys the beef for this authentic Argentine dish solely from organic, non-polluting free range farms where the cattle are fed grass and raised without hormones. The steak is served with a green

(continued on page 54)



Arnoldi's Café For over 60 years this local's hangout has been grilling up some of the best steaks and chops in town. The newly installed outdoor wood-burning grill features smoky flavors that are packing the back patio virtually every night. The **signature grilled pork chops**, *maiale alla griglia*, are served with caramelized onions in a port red wine reduction sauce for just \$21. Try the Porterhouse and New York with potatoes and fresh spinach. Wine list is great and martinis are smooth. Catch a game of bocce ball after the meal if you can still move. Arnoldi's is located at 600 Olive Street. 805-962-5394.

GRILLED ON SITE

TRI-TIP, ETC.

Founded in 2002, **SBB Gourmet Catering** has been bringing class and ingenuity to the Santa Barbara catering scene for over eight years. Formerly SB Barbeque, owner Sidney Adams-Raney decided to change the name about a year ago to better reflect the eclecticism of the food and services that the company provides its clientele. SBBGC is a full-service caterer that provides its clients with everything they need to coordinate the perfect event, including decorations, flowers, full-liquor bars, bartenders, servers, and even entertainment. According to Adams-Raney, their passion is to provide a completely stress-free environment, so that their clients can relax and enjoy their most special occasions without worry. While SBBGC has built a sterling reputation for its full-service approach to catering, it remains best known for its mouth-watering barbeque. From smoked baby back ribs to oak grilled rib-eye with foie gras jus to a prosciutto-wrapped filet, each dish is expertly grilled to perfection on-site, and accompanied by delicious homemade sauces and stocks. However, perhaps the most beloved dish prepared by SBBGC's team of chefs is the ever-popular **Oak Grilled Santa Maria Tri-Tip**. Locals have had a long-standing love affair with tri-tip, and SBBGC does it as well as anybody in the business. Tri-tip is a Y or heart shaped cut of meat from the bottom sirloin region of the cow, and is native to California's Central Coast. Santa Maria in particular has become famous for their tri-tip. SBBGC mesquite grills their tri-tip in the Santa Maria style over oak, giving it a wonderfully robust, distinctive flavor. Along with salsa-fresca and horseradish cream, this is the dish that has become the coup de grace at many of the company's lavish events. —Kevin McFadden. SBBGC can be reached at 805-687-4900. www.sbbgcg.com



Photo by Eliot Crowley



Flank and Peaches

Pure Joy Catering Hoisin Flank Steaks and Grilled Peach Salsa. Scrumptious and oh so fragrant! The smell and flavors of grilling local summer peaches and Anaheim chilies along with the steaks right there on location is perfect for outdoor special events. Pure Joy Chefs marinate flank steaks with fresh, crushed garlic & ginger and then mesquite grill them till tender and juicy with a delicious hoisin glaze for up to 500 lucky special event guests. Pure Joy's regular trip to Farmers Market ensures that exceptional produce is used in the salsa of char grilled peaches with cilantro, red onions, grilled Anaheim chilies and a squeeze of lime juice. Pure Joy highly recommends the Syrah from Consillience Winery as the perfect pair to this dish.

Pure Joy Catering is a leader in unique wedding, corporate and all special events. For more information on their services go to purejoycatering.com or call 805-963-5766.

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Stella Mare

chimichurri sauce: a subtle mixture of olive oil, parsley, garlic and spices that allow the full flavor of the meat to come through...a family recipe. The steak is tender and well marbled and is best paired with a Syrah or a vodka straight up martini. Café Buenos Aires features one of the most romantic patios in town and is located at 1316 State Street. 805-963-0242.

Palace Café

Pork Chop. Appropriately named "Superhog", this two-inch, double cut Berkshire pork chop will make you grunt with pleasure. It is a heritage breed of pig from England raised naturally on small family farms that are widely know for producing the most tender, juicy and flavor packed pork in the world. The Palace kitchen marinates the pork in spices and finishes the dish with a luscious maple, orange and Jack Daniels glaze. OMG! Pairs great with a local Pinot Noir. The Palace is located at 8 East Cota Street in Old Town. 805-963-5000.

Cold Spring Tavern

There can be no better place for a rustic, romantic steak dinner. The best steak on the menu is the **10-ounce New York**, a charbroiled, very trim cut of choice beef served with fresh vegetables and garlic mash potato. You might want to try the pepper New York which is the same steak, but smothered in a black, green, red and yellow peppercorn sauce. Pair it with a local Syrah for the spice. Cold Spring tavern is located just 20 minutes from Santa Barbara off Hwy 154, 5995 Stagecoach Road. 805-967-0066.

Piatti in Montecito

Simple, but elegant best describes this dish. **Herb crusted Colorado Lamb** with Swiss chard and garlic mash. One of chef Edward's favorites, he recommends pairing it with the smoky flavors of Babcock "Fathom" Pinot Noir. Piatti is located at 516 San Ysidro Road. 805-969-7520.

Stella Mare

Oak grilled rack of lamb. Amazing oak-grilled flavors with a French accent are what you'll find in this signature dish. Seasoned with Provence herbs and grilled on a wood burning grill, with fresh julienne vegetables lightly sautéed in olive oil & lemon, and a choice of French fries, roasted potatoes or country mashed potatoes. The grilled menu also features a flat iron steak, filet and a 10-ounce New York. The wine list is well stocked with great pairings for grilled and roasted meats. Stella Mare is located at 50 Los Patos Way. 805-969-6705.

Photo by Michael Brown



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The art of relaxing

This is the most memorable experience you can have," says proud owner Chrys Huyan of Qui Si Bella Spa next to Gelson's Market on upper state. A local pillar in the business of relaxation, Huyan relies on time-honored techniques from the East, as well as the latest technology from the West to provide the cutting edge in massage, anti-aging, science of life and hot stones.

Qui Si Bella, says Huyan, is "Where people come to heal themselves." She believes everyone needs to take time to shed the stress of life and indulge in peace and relaxation.

One such memorable indulgence is the **Hot Stone Massage**, where warm basalt stones heat and relax the muscles and are used to massage the entire body; to deeply release tension and promote total relaxation. Another specialty of the spa is the Thai herbal massage, where a steamed poultice (a mixture of over 20 herbs) is steamed and applied to the body. Huyan explains that these natural, organic ingredients have been used for centuries in the East to sooth muscles of workers and warriors and to strengthen the immune system.

Qui Si Bella offers couples massages, signature Eucalyptus steams and more for what Huyan calls "A full mind, body and spirituality experience."

So, be you worker or warrior; the spa provides relaxation beyond that of your average weekend. "If you go out to a restaurant," explains Huyan, "you might forget what you eat. But at a spa, you find an experience you will never forget." —Sam Rolens

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If you're looking for smaller options...the grills you might take to the beach, Weber's new **Smokey Joe or Char Q Grill** might do the trick.

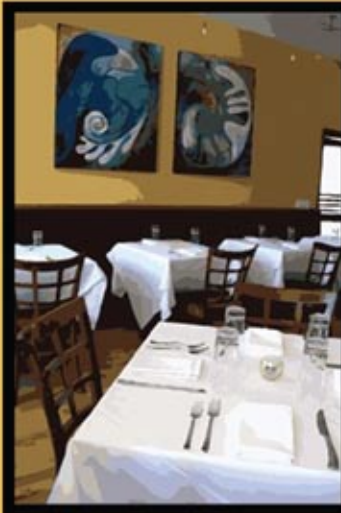
The Char Q Grill looks like a cut-down version of a kettle, with two sides sheared off. It's squat and low-slung to avoid possible tipping disasters, but still sports dampers to control the heat. A removable catch pan handles the ash.

Want to avoid briquettes and ash? **Weber's Q 120** is a gas version, but with the ease of an electronic ignition and fold-out tables on either end for prep. It runs on a 16-ounce propane bottle.

Even simpler, Barry Jones at Hot Spring Spa and Patio points out that the Q 140 is an electric outdoor grill: "All you need is an outlet." Got a long extension cord?--JM

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Seoul Patch

A Goleta Garden Flows with Spirit

What do gardening and martial arts have in common? More than you'd think, says Dae Kyu Chang, 53, owner of Jang's Karate Center in downtown Santa Barbara, where he teaches a Korean discipline called Soo Bahk Do™.

The study of martial arts "is not about conflict," explains Chang, known as Master Jang to his students. "It is a philosophy of relating our human spirit to nature. Through practicing this discipline, we learn to embrace the absolute integrity of nature in every aspect of life."

At home in Goleta, his own backyard serves as a literal testimony to this philosophy. Chang cultivates a thriving organic garden that supplies most of his family's produce needs throughout the year.

"Gardening is therapeutic; working with the earth harmonizes the flow of my Ki or life energy."

Indeed, his meticulously tended bounty soothes the senses. Normal-sized apple, lemon, plum, tangerine, Asian pear and persimmon trees ring the yard. An extensive bonsai collection with productive apple, blueberry, pear and Korean cherry species perches above a retainer wall— including a miniature grapevine that still bears fruit after 120 years.

Neat rows of vegetables range from the familiar to the exotic: tomatoes, lettuce, squash, chives, peppers, bi-colored corn, Korean cucumber, wild sesame, ginseng, crown daisy (a type of wild parsley), pumpkin, radish and spinach with huge, chard-like leaves.

Traditionally, every meal prepared by Chang's wife, Kyungsook, contains five different colors (black/dark, white, yellow/orange, green and red) and flavors (sweet, sour, bitter, salty and spicy). This supports longevity, the flow of yin-yang and the well-being of the body's five major trunk organs (heart, lungs, liver, kidneys and spleen), according to Chang.

"Everything in Korean culture, such as music, medicine, art, food, structure, sounds and feelings, is identified with five harmonious aspects," he elaborates. "The goal is to bring about balance between nature, humanity and spirit." —Teri L. Breier

Autumn Chores

Getting you garden ready for fall

After the Summer Solstice, the longest day of the year, fall may seem a long way off, but September will soon be here and when the kids start heading back to school there are some garden tasks you should put on your "to-do" list. This should help get you started:

After a long growing season Roses can get stretched out and ragged. Cut them back by about one-third and give them a good feeding in order to encourage another round of bloom (which will come about 60 days after you cut them).

Use this time of year to replant areas of your garden that are in need of rejuvenation. The cooler temperatures of fall make it the ideal time for re-landscaping. The soil is still

warm and there is plenty of time to get things in the ground before the winter rains.

Time to plant cool-season herbs, annual flowers, winter-blooming bulbs and veggies. Pansy, Sweet Peas, Chard, Kale and other seasonal color and vegetables will start appearing in your local nursery at the end of summer. Make it a custom of visiting your local garden retailer weekly at the beginning and end of each season. They are selling what you should be planting so make nursery shopping a routine.

Usually, your larger trees and shrubs need a deep watering this time of year to give them a boost of moisture that will last until the rain.



Maintenance items include the deadheading and cutting back of perennials, replacing summer-blooming annuals and re-mulching the earth to conserve moisture.

Native and Mediterranean plants go dormant in the summer making fall the perfect time to plant them so they will have time to establish themselves before the winter rains.

—Lisa Cullen

All products can be purchased at Terra Sole Garden Center 5320 Overpass Rd. 964-7811

Lisa Cullen, landscape designer and organic gardener owns Montecito Landscape with her husband, Chris. She can be reached at 805.969.3984 or www.montecitolandscape.com. Follow her blog at www.gardengossipsb.blogspot.com and listen to Garden Gossip radio show on AM1290, Fridays at 11am and 9pm and Saturdays at 11am.

Vertical Gardens: a New Dimension

How would you create space for a garden? The traditional method of planting requires what one would consider traditional space, so many feet long by so many feet wide, etc. But what if you took your garden and literally turned it ninety degrees vertical? Same square footage of garden taking up almost zero "traditional" space. That is vertical gardening. The man credited with innovating this revolutionary gardening technique is French botanist turned landscape designer Patrick Blanc. His living walls cover the entire sides of multi-storied buildings. The plants requiring the most water and least amount of sun are planted at the base of the structure and the plants needing more light and less water are at the top. Water percolates down through structure, going into a holding tank at the bottom at which point the water is pumped back up to the top and the cycle starts anew. A similar technique can be applied in a home garden on a smaller scale. Vertical Garden kits, made from recycled plastic, are now available at local nurseries. These kits include a planting panel with the capacity for 45 individual plants, a built-in reservoir and a water collection tray. Each module is 2 feet square and can be put together to create a living wall of any size. For outdoor use, succulents are an obvious choice for a living wall but you could use any plants that don't require a tremendous amount of root space. Want a kitchen garden but don't have the space? Plant a wall of herbs. Thyme, basil, chives, parsley, etc. would make a living wall of goodness for the chef. How about a wall of organic lettuces? On the shadier side of things, ferns, baby tears, violas, orchids would be fabulous on either side of a wall fountain in your patio garden and in the sun, a wall of petunias would be spectacular. Then there are all the possibilities for inside the house. I hope I have gotten your imagination running so that you are now picturing all the possibilities. Need more inspiration? Go to the website of Patrick Blanc and see photos www.verticalgardenpatrickblanc.com. Then go to your local nursery for your Vertical Garden kit and have some fun creating your own living wall. Until next time, fill your garden with joy! —Lisa Cullen

Vertical garden start-ups can be purchased at Terra Sole Garden Center.



Photo by Lindsey Ellinge



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Pretty Ponds

WATER GARDENS are becoming the green alternative to the back yard lawn

By RAYMOND BLOOM

For centuries, water gardens have been an aid to the human struggle. Ancient Egyptians built massive irrigation ponds in the middle of the desert by tapping into underground aquifers. The vegetation they planted served as natural air conditioning and shelter from the desert heat. Chinese and Korean cultures designed their gardens with dramatic waterfalls and running streams. As the falling water splashed over the rocks it dispersed negatively charged ions (air molecules) into the air, which when inhaled, are said to elevate moods, calm the senses and supercharge meditation values.

More recently, water gardens have become a regular design element to most backyard landscaping projects, and not just for the unique aesthetic pleasures and tranquility they offer. More and more, water gardens are receiving great notoriety for their positive impact on the environment. Big and small, these ponds are very *green* indeed!

Water gardens are becoming huge favorites with eco-conscience landscapers and homeowners because they save water. A lot of it. An average yard with plant based landscaping such as flowers, soil, and a lush lawn can suck up gallons of water each week especially in the summer heat. A properly built water garden is a self sustaining environment that keeps its plants alive and thriving without having to water them at all. In most cases, all that is needed is an occasional topping off with the garden hose to replace water lost to natural evaporation. Modern pond technology can offer automatic refill options to ensure proper water levels even when you're not at home and some can be rigged to capture filtered rain water from the roof of your house. Just add the right species of fish, a few well placed boulders and tiger-lilies, and you'll be spending a lot more quality time in your back yard.

"Water gardens, along with fountains and ponds, are one of the better landscaping investments a homeowner can make in the Southern California environment," says James Baron, owner of Baron Brother's Nursery in Camarillo. "An average water garden, complete with water-



falls, ponds, and plants can be installed in about a day. You can start small and add features like bird baths, islands and streams as you want to...it can be a lot of fun for the whole family."

Baron says water gardens usually cut water usage in half when compared to traditional landscapes, and since water costs are directly related to the energy costs required to deliver it, that savings can go a long way in paying for the construction. Cost of construction will depend on the size and features you choose. You could start with a simple fountain for under \$500, or up to an one-acre lake for \$250,000. An average backyard water garden, including design, construction and plants, starts about \$5,000, says Baron. Aside from the water savings, water gardens help cool and detoxify the air while offering a natural buffer to noise pollution...great for urban homes. Maintenance is low compared to flower based yards, there's little to no fertilizer needed and no one has to cut the grass!

For more information or answers to other questions on building a water feature or pond contact TRI-VALLEY POOL AND SPA at 805-432-4731, or visit their website at www.trivalleypools.com

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Indigo owner Genny Cummings
offers simple home design tips.



REVITALIZE

IMBUE WITH NEW LIFE AND VITALITY

Genny Cummings, owner and founder of Indigo Interiors near the Arlington Theatre in Santa Barbara, loves "helping others make the most of their homes". Passionate about interior design, she has been bringing aesthetic simplicity and Asian imports into Santa Barbara for 26 years. She suggests a few basic principals that can make your home more comfortable and your life a little richer, whatever size house or budget you have.

- Let the warmth and color of nature inspire you. Fill an antique basket with large orchids, place that in front of a tall mirror and notice your room grow. Brighten up a drab living room with pink ginger. Keep in mind, masses of flowers always get a standing ovation.

- Have some fun moving your furniture around. By arranging your seating in a circle, you invite gatherings and conversation. This alone can transform an underused room into a center of attraction.

- By adding sparkle to a space, a static room awakens. Glass top tables, mirrors, por-

celain vases and silk fabric play off of rich wood and dense textures. Each one is inspired by the contrast of the other.

- Carry the eye as far as you can. Hang artwork at the end of a hallway or create a garden view out of a major window.... essentially, think outside the box.

- Most importantly, enhance your home through clever lighting – this one trick can make all the difference. Up-light a plant, fill in a dark corner, spotlight your art, and night-light your garden. Gorgeous rooms fall flat without high lights and low lights. If you balance these sources, your home will glow.

These days, this designer recognizes that budgets are tight, but believes a lackluster economy should not stop us from making the most of our living environment.

"We can all bring new life and vitality into our homes on a very small budget and a little creative know-how."

—Sam Rolens. Photo by Lindsey Eltinge.
Indigo is located at 1323 State Street in Santa Barbara, (805) 962-6909.



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Old Homes, New Opportunities

New technologies and financial incentives make energy improvements easier than ever

BY BRIAN HENSON

Contractors have been building homes in America the same way for the last 120 years. Though engineering and codes have improved, the fundamentals of homebuilding are archaic at best. Fortunately, the last few years have brought significant changes to the way that homes can be built, remodeled and updated. The burgeoning green building industry, driven by significant developments in building science, is changing the way that we design, build and live in our homes. With millions of homes in the US built prior to any energy codes (approximately 80% of the homes in our area fall into this category), homeowners have a tremendous opportunity to

increase the comfort and health aspects of their homes while simultaneously reducing energy and water use.

How Home Performance Audits Can Save You Money

Until recently, green building practices have been governed by prescriptive measures that were based on trial and error. Prescriptive measures include items such as switching out old windows with high performance models, replacing inefficient water heaters with tank-less units, and adding insulation. With advances in building science, technology

and training, we can now test the performance of a home. This data can then be used to guide your retrofit or remodel in the most cost effective manner.

Using sophisticated equipment and techniques, a professional home performance auditor can test your existing home and provide you with a retrofit road map to increase your energy efficiency, water efficiency and indoor air quality. We do this by pressurizing your house and the heating/cooling system to find leaks, testing for gas leaks and carbon monoxide, energy consumption calculations and visual inspections. Oftentimes the retrofit measures can be achieved with little or no cost. For example, we often hear the mantra that dual pane windows are the solution to increased energy efficiency, however changing out your windows can be very expensive is usually the last thing you should do to increase the efficiency of your home based on cost and effectiveness.

A good audit should show what steps should be taken and provide the relative cost for each measure. Common low cost audit recommendations include:

- **Air-seal your home.** Building shells in older homes leak 2-3 times what they should.
- **Seal your ducts.** Heating and cooling ducts shouldn't leak more than 6%, but we commonly find them leaking 30-40%.
- **Add Insulation.** Many homes we test have do not have insulation in the crawl spaces and walls. Where there is insulation it is often inadequate - especially in attics.
- **Eliminate Gas Leaks.** We find a lot of gas leaks from heaters, water heaters and ovens. Sometimes we find leaks at the meter. The gas company will fix those for free.
- **Clean the attic/seal the crawl space.** Just about every time we go into an attic or crawl space, we find rodent feces, poison, and sometimes rodent carcasses. Considering that most homes receive up to 40% of their fresh air from these spaces, cleaning them and sealing them can have dramatic impacts on your indoor air quality.

Unprecedented Rebates and Incentives Packages

Recent federal, state and local incentive programs have developed that make it the better than ever to improve the energy efficiency of your home. Below are the most notable

Home Star aka "Cash for Caulkers"

This federal program is part of the Obama stimulus package recently passed by the House

(continued)

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GREEN BUILDING

(continued)

and currently awaiting passage by the Senate. As early as this summer thousands of dollars will be available for homeowners to update their homes. The program will have two paths. The Silver Star program provides up to \$3000 for specific energy conservation measures such as increased insulation, heating system upgrades and windows. The Gold Star program provides up to \$8,000 and requires a comprehensive audit to earn the money. The rebate is based on the increased performance of the home. More details can be found at <http://www.energystar.gov/home-star/>

emPowerSBC

If the upfront costs of greening your home are too much, then Santa Barbara County's innovative finance program may be able to make the upgrades a reality. The emPowerSBC program is one of a few in the nation to provide low interest loans that are financed through property tax assessments. This means that you can get the immediate benefits of the green upgrades including reduced energy and water loads thus reducing your utility bills, while helping to create jobs and help the environment. For more information on this program go to www.empowersbc.org.

Gas and Electric Company Rebates

Our local gas and electric companies are still offering rebates ranging from \$50 to \$200 for various household upgrades such as energy star appliances, efficient heaters and new windows. These rebates can be combined with both of the other programs mentioned above.

Net Zero Energy Homes – The Future of Housing

Though zero energy consuming homes have been built for years in the US, the materials and systems are now readily available and "off the shelf". Though some on site power generation is required through solar or wind, paying attention to efficiency first is the most economical method to make your electric meter run backwards. Advances in energy efficient lighting, appliances, heating and cooling equipment, and tankless water heaters can reduce the energy demand required for our homes. Tightening the shell through advances in air sealing and insulation materials can cut heating and cooling loads in half. Combined with passive solar design and orientation, Net-Zero energy homes are possible now.

It is somewhat surprising that we know the miles per gallon our cars consume, but the average homebuyer has no idea how well the house they want to purchase performs. In the near future it will



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be possible to give a “miles per gallon” stamp on homes. The technology exists to put every home in the country on a relative scale. For those pursuing energy efficiency, this stamp is a way to show how well their home performs.

Allen Associates is a custom home builder specializing in green building practices. Bryan Henson is General Manager at Allen Associates and a LEED Accredited Professional. Call Allen Associates' Home Performance Division at (805) 884-8777 for more information on a Home Performance Audit.

5 Reasons to Upgrade Your Older Home

(or Five Reasons to Schedule a
Performance Audit Of Your Home):

40% of the world's energy is used to heat, light and ventilate our homes. A significant contribution to the generation of global warming gasses....

Over 25% of the heat lost from your home is due to leaks in your building envelope. And another 35% is lost from leaking space heating ducts. That's a loss of over 50 cents on every dollar you pay on your heating bills!

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Did you know that one drop of water per second leaking from a faucet amounts to 2,500 gallons of water wasted in one year?

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F&H

COOKING AT HOME

(continued from page 30)

just for the smell alone. Bring a large pot of water to boil and plop in your ripe peaches. Now count slowly to thirty while you put a bowl of ice water together in the sink. Lift the peaches out of the pot and into the ice bath; let them cool a minute, then peel.

The secret to a perfect crust is to not over handle the dough, I still cringe when I see people patting and shoving and rolling it over and over. Dice the butter in half inch or so batons. Put the dry ingredients in a medium bowl and work in the butter with your fingers. Stopping when you still see pea size lumps of butter. Add the milk as needed to combine the ingredients and just bring them together. On a well-floured surface roll out the smaller half with a firm push of a rolling pin to about an 1/8 of an inch thick. With a thin spatula, lift one side and flop it over your pin, then gently roll the dough around the pin to transfer it to the pie shell, if it tears you can mend it with a bit of milk. Trim the excess around the outside rim with a butter knife or scissors. Set it in the refrigerator.

Preheat your oven to 375 degrees. Slice the blanched peaches into a bowl and toss with the sugar, flour and spices. Pour into the bottom crust. Dot the peaches with butter and drizzle with honey. Re-flour your surface and roll out the remaining dough, cut strips for a lattice or do a straightforward top crust with a center stem hole. Brush the rim with milk to adhere the top crust. Lattice tops are not hard to make, children can do them, just start on one side with a strip going each way and gently fold over alternating strips as you place on the next, crimp the edges to seal.

Brush the top crust or lattice with milk and sprinkle with sugar, avoiding the rims. Place on the bottom shelf of the hot oven and bake 50 to 55 minutes until deep golden. Remove and let the pie rest & thicken several hours.

LYNETTE LA MERE is the proprietor of Pure Joy Catering, Inc (805) 963-5766 (www.PureJoyCatering.com) and a freelance writer who flourishes in Santa Barbara.

Shopping hints: All ingredients appear in bold-faced type and can be found at Farmer's Market, The Saturday Fisherman's Market or the Santa Barbara Fish Market, both in the Harbor.



U-RATED ELEGANT GREEN

The green movement is ripe and underway. With Santa Barbara City Council passing the Architecture 2030 Energy Ordinance decreeing all buildings in Santa Barbara be carbon neutral by said year, the ball is rolling for builders to start looking seriously at more energy efficient construction options. But this is not always an easy road to hoe. People want the same energy efficiency but don't want to sacrifice beauty for it, especially when in regard to that essential home-lighting element, the window.

Windows have a tough part to play in their Janus role of both heat conductor and heat dissipater. During long winter months, one wants their house to absorb those sparse sun rays as much as possible; but, come summer, get those rays away. This obviously presents a problem. The traditional method has been to use tint to keep the heat away, but due to their reflectivity and reduced light transmittance, they're a poor choice in winter months; thus, savvy builders are looking into more custom windowing options.

"People are starting to wake-up and be more comfortable with better glass and double paned windows," says Hank Foster, owner of Portofino Door and Window. And he should know. Portofino has some of the best windows money can buy. With a u-rating of .10 (unheard of in the windowing world), their Silber line is an Austrian made behemoth of energy efficiency. "These windows are triple-paned, with three protective coatings to help keep a home energy efficient. It's quite amazing, really. I mean, they're built like refrigerators." —HUDSON HORNICK

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off the shelf



White sugar is evil, I'm told, and though we've tried other sweeteners for coffee and tea, none of them has hit the mark. Honey is alright in an herb tea, but in black tea or coffee? Too 70s for us. So it was with some skepticism that we read the facts on the label of **Madhava Agave Nectar**.

Our scepticism was not relieved when we researched the gathering method for the nectar. Harvested from the agave plant after the top has been cut off and then replaced allowing access to newly secreted nectar...hmm. Isn't that where tequila comes from? We definitely don't want our morning coffee to taste like tequila.

We were pleasantly surprised to find that agave nectar imparts virtually no flavor; it's just sweet. A little sweeter than white sugar (so use less), but not as cloying—and definitely without the chemical aspects—as artificial sweeteners.

Another benefit is that it dissolves quickly, even in cold beverages. It won't crystallize like honey and is less viscous, so that it pours right out when you tip the squeeze bottle over your morning beverage—a big selling point at our house since quicker is better when it comes to getting that first cup of the day.

Agave nectar also has a lower glycemic index than honey or sugar, important if you're watching carbohydrates. Because it is high in fructose it won't stimulate digestive insulin secretions which lead to "sugar rush." (Oh well, we've still got caffeine.)

The Amber variety is darker in color and has a slightly earthy flavor. We found it less flavorful than honey, but still acceptable as a sweetener for tea.

We can't say we're swearing off white sugar altogether, but at least we can now happily, and painlessly, decrease the intake on a daily basis.

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DINING OUT



Simple magic Chef Renaud and wife Nicole Gonthier opened their restaurant Renaud with the idea of serving customers an array of flavors, not just food to fill the stomach. Simple, yet so scrumptious is their house specialty fried egg sandwich on pain de mie with sautéed mushrooms, bacon, tomatoes and Swiss cheese. Add a side of fresh fruit, orange juice and green salad and you have a meal worth remembering. — Raymond Bloom. Photo by Lindsey Eltinge.

RENAUDS PATISSERIE & BISTRO has two locations: 1324 State St, downtown (805) 892-2800 and 3315 State St, in Loreto Plaza. (805) 569-2400.

Carpinteria

Garden Market. Garden Market is a gem tucked into Santa Claus Lane. Offering very tasty sandwiches, salads, smoothies and casual fare the Garden Market is a very enjoyable place to have a lunch break. Our favorite is the "Gourmet Turkey" sandwich. Open Monday–Sunday 10am–3pm. Serving breakfast from 7am to 11am weekdays and until 1pm on weekends. [L] \$ (BW) 3811 Santa Claus Lane (805) 745-5505

Sly's. James Sly, formerly of Lucky's in Montecito, is back to cooking the finest steaks anywhere. Sly's is

open daily for dinner from 5 pm, features a full bar and extended wine list. (LD) \$\$ (FB). Reservations are suggested. 686 Linden Ave. 805-684-6666.

Montecito

Bella Vista. Enjoy the most incredible ocean views and experience innovative California wine country cuisine in Bella Vista, the Four Seasons Resort's new restaurant. Executive Chef Martin Frost has created a menu featuring fresh local bounty and regional produce. Reservations are highly recommended.

[BBrLD] \$\$\$, (FB) 1260 Channel Drive at the Four Seasons Biltmore, (805)565-8237, www.fourseasonsresorts.com.

CAVA. Experience the bold flavors of Spain, Mexico and Latin America in a romantic garden setting in the village of Montecito. Cava's methods and imaginative combinations by chef Onofre Zuñiga including lobster tamale, quesadilla with chicken, manchego cheese and caramelized onions, coconut shrimp with spicy mango salsa mango and grilled ribeye churrasco steak, 2002 Zagat Award. Happy Hour 4-6, Weekend Brunch from 8am. Complimentary Valet Parking. [BLD] \$\$, (FB) 1212 Coast Village Road, 969-8500.

Lucky's. Montecito's only premium steakhouse. Great wine list and martini selections. Great weekend brunch served 9am–3pm. [BrD] \$\$\$, (FB) 1279 Coast Village Road, 565-7540.

Peabody's. Come to Montecito and enjoy Peabody's american cuisine. Offering breakfast, lunch and dinner 7 days a week, 7am to midnight. [BLD] \$ (FB) 1198 Coast Village Rd (805) 969-0834

Piatti. Elegant yet casual rustic Italian trattoria. Located next to a seasonal creek, Piatti offers homemade pasta, pizzas and delicious entrees. There is an exhibition kitchen where you can watch your dinner being prepared, two patios and two fireplaces. Located in the upper village of Montecito. Banquets and catering are available. [BrLD] \$\$, (FB) 516 San Ysidro Road, 969-7520

Stella Mare's. Overlooking the Bird Refuge in Santa Barbara...a glass greenhouse, sofas by the fire, casual French décor and traditional French Country Cuisine. Full bar and extensive American & French wine list, great private rooms for your event needs and Live Jazz on Wednesdays. Closed on Mondays \$ [LDBr] (FB) 50 Los Patos Way. 969-6705. Events by Stella Mare's is located at 3302 McCaw Ave, on upper State Street. www.stellamares.com

The Stonehouse. Located in a 19th-century citrus packing house, The Stonehouse features a relaxing lounge with full bar service and a separate dining room with crackling fireplace and creekside views. Chef John Trotta's regional cuisine is prepared with a palate of herbs and vegetables harvested from the on-site chef's garden. Open for dinner from 6-10 p.m. daily. [D] \$\$\$ (FB) 900 San Ysidro Lane (805) 565-1700.

The Montecito Café. Eclectic menu with great service, flavors and value. Desserts to die for! Open Daily from 11:30 (LD) \$ (FB) 1295 Coast Village Rd. 805-969-3392.

Ojai

Suzanne's Cuisine. Suzanne's Cuisine provides creative, vibrant contemporary European cuisine that is lovingly prepared with the finest quality ingredients and presented by a nurturing, friendly and knowledgeable staff. The menu offers a wide variety of beautiful salads, fresh seafoods, grilled meats and vegetarian selections. You may enjoy our interior dining room or our heated patio which overlooks a beautiful garden. Suzanne's Cuisine is Ojai and Ventura County's top rated restaurant in the acclaimed Zagat Survey. Discover why the L.A. Times say that "Suzanne's Cuisine is the best restaurant in the Ojai Valley." [L,D] \$\$ (FB) 502 West Ojai Avenue, 805-640-1961, suzannescuisine.com.

Santa Barbara

Aldo's Italian Ristorante. Since 1986. Experience lunch in the sun or dine by candle light in their enchanting courtyard. Friendly servers deliver fresh Italian specialties and creative dishes with a California flair. [LD] \$,B&W. 1031 State St., 963-6687.www.sbaldos.com

The Bay Café. A local favorite since 1985- come see what everybody's talking about-SB's best kept secret-one of the best seafood restaurants in town. Enjoy a fun relaxing atmosphere for a quick lunch or romantic warm ambiance for dinner. Come enjoy their Fresh Fish selections from Fish Market & Live Tank! Open 7 days a week at 11AM. Happy Hour M-Th 4-6p. Full Bar and a variety of wine selections. Private banquet facilities for up to 30; beautiful heated patio. [BrLD] \$\$ (FB) 131 Anacapa Street (805) 963-2215, baycafeandfishmarket.com

Blue Agave. Elegantly decorated two-story restaurant with a famous bar noted for its excellent martinis, mojitos, inventive cocktails and a wide range of tequilas and mescals served by a joyous staff. Blue Agave was voted by locals repeatedly the Most Romantic Restaurant in Santa Barbara. The furnishings are cozy with intimate booths, a fireplace lounge, outdoor balcony, eclectic music and visionary art. [BR D] \$\$ (FB) 20 E. Cota St., 805-899-4694

Boathouse. The Boathouse at Hendry's Beach is the newest venture of the owners of the Santa Barbara Shellfish Company, which began on Stearn's Wharf in 1980, and the Santa Barbara Fishhouse. Enjoy stunning views and great seafood from a family run business that knows their fish! [BLD] \$ (FB). 2981 Cliff Drive 805-898-2628, www.sbfishhouse.com/boathouse

Bouchon. Restaurateur Mitchell Sjerven hosts the city's first Wine Country Cuisine restaurant with more than 50 Santa Barbara and Central Coast wines offered by the glass to compliment bouchon's "ingredient driven" and seasonal fresh menu. Wine Spectator Award of Excellence wine list features exclusively Californian selections, paired with cuisine that is "creative without being over the top..." (Wine Spectator, July 1999). Fresh Channel Island seafood, Santa Ynez and Ojai Valley game, and local farmer's market produce predominate. Outdoor dining is available year-round on the heated, covered garden patio. Ask about private dining in the intimate Cork Room where up to 20 guests can be seated at the Grand Table. Open for dinner nightly from 5:30pm, reservations recommended. [D] \$\$\$, (B&W) 9 W. Victoria, 730-1160.

Ca' Dario. Fine Italian dining with extensive Italian wine list. Excellent seafood and authentic cuisine. [LD] \$\$, (B&W) 37 E. Victoria, 884-9419.

Cafe Buenos Aires. A unique world dining experience in the heart of Santa Barbara's art district. Excellent service and Argentine cuisine make casual patio dining a finer experience. [LD] \$\$ (FB), 1316 State Street 963-0242. www.cafebuenosaires.com

Café Luck. Chef David Rosner brings Santa Barbara a classic brasserie serving southern French cuisine. The menu offers a wonderful selection of traditional bistro fare as well as a raw seafood bar with an extensive wine and cocktail selection. Reservations Encouraged. Open Daily [LD] \$\$ (FB) 18 E. Cota Street 962-5993

Cajun Kitchen. Cajun Kitchen has been serving one of the best breakfasts in town for over 20 years—from Cajun specialties ranging from Jambalaya topped with two eggs, chicken hot sausage gumbo omelette, blackened catfish with two eggs, to blackened salmon and blackened chicken breast. [BL] \$, (BW) 1924 De La Vina, Santa Barbara 687-8062; 6831 A. Hollister Ave, Goleta 571-1517; 901 Chapala Street, 965-1004; 865 Linden Avenue, Carpinteria 684-6010.

Chuck's of Hawaii. A local favorite celebrating 36 years of excellence serving award-winning steaks, wines and seafood to Santa Barbarans and their guests. Chuck's has

guide

B=breakfast **\$**=entrees under \$15
Br=brunch **\$\$**=\$15-\$25
L=lunch **\$\$\$**=over \$25
D=dinner **FB**=Full Bar
B&W=Beer & Wine



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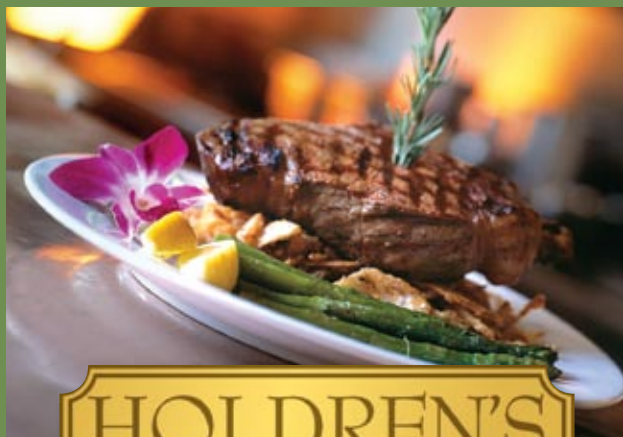
Combining creative homestyle cooking with fresh high quality ingredients has brought us recognition as Santa Barbara's best restaurant for vegetarian and non vegetarian natural foods, desserts and local fine wines. Conveniently located in the historic center of town, we offer a unique dining experience, serving generous portions at reasonable prices in a comfortable, friendly atmosphere.

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DINING

been voted Best Steak in Santa Barbara and is the recipient of the Award of Excellence from The Wine Spectator annually since 1989. They also feature a nightly selection of fresh fish, from old favorites like Alaskan halibut and grilled salmon to ahi tuna (grilled medium rare). Dinner is served weekdays from 5:30 to 11pm, and until 11:30pm weekends. Full cocktail bar, featuring Firestone-Walker Double Barrel Ale on draft. Reservations welcome. [D] \$\$, (FB) 3888 State, 687-4417.

Chuck's Waterfront Grill. Chuck's of Hawaii has expanded to a second location at Chuck's Waterfront Grill. Same great food and service you already love...in a setting that makes going out to dinner feel like a little vacation. Featuring Prime Grade Top Sirloin Steaks. Teriyaki Grilled Prawns, Grilled Sea Scallops, King Crab Legs, and Australian Lobster Tail. [LD] \$\$, (FB) 113 Harbor Way, 564-1200.

California Pasta. This restaurant tucked away in El Paseo offers casual dining with great food. Catering Available. [LD] \$ (BW) 811 State Street, (805) 899-4030 www.californiapastasb.com

Cold Spring Tavern. 100 years of tradition with true American cuisine only 15 minutes from Santa Barbara. Featuring the cuisine of chef Moises Bernal with selections of game and hearty entrées. Full bar & weekend breakfast. [LD] \$\$, (FB) 5995 Stagecoach Road, 967-0066

Downey's. Chef John Downey has been serving Santa Barbara's finest cuisine since the restaurant opened in 1982. Clearly defined tastes using the finest foods available and artful yet simple presentation have earned Downey's top honors in the Zagat Survey for the past sixteen consecutive years. The dining room is in the capable hands of Liz Downey who will be happy to guide you through the mostly California wine list with a proud bias towards the extensive Santa Barbara County selections. Dinner served Tuesday through Sunday from 5:30pm. [D] \$\$\$, (B&W) Reservations: 966-5006, 1305 State St., www.downeyssb.com

Eladio's Restaurant & Bar at the Beach. Fun, friendly, great bar with TV, heated fountain patio with ocean views and comfort food kids will love! Serving breakfast, lunch, dinner and a sensational Sunday brunch. Open 7 days. [BBRLD] \$ (FB). 1 State Street, (805) 963-4466, www.harborviewinnsb.com.

Elements. Eclectic international restaurant serving lunch and dinner 7 days a week, with brunch served on Sunday. Great cocktails, too! [BrLD] \$\$, (FB). 129 East Anapumum Street, 884-9218.

Emilio's Ristorante. Emilio's is all about the enjoyment of great food. Michael De Paola, Emilio's proprietor, had many influences to draw from when he opened the restaurant in 1990. Today, Executive Chef Pete Clements brings an international flavor to Emilio's menu. Each dish leaves the kitchen as a beautiful work of art. Catering is available. [D] \$\$ (FB) 324 W. Cabrillo Blvd, 966-4426 www.emiliosrestaurant.com

Endless Summer Bar-Cafe. Just upstairs from Chuck's Waterfront Grill, this surf-inspired bar-cafe offers great harbor views. Featuring tasty burgers, fish tacos, fresh salads, popcorn shrimp, and happy hour with food and drink specials like the Endless Summer Blonde Ale. Feel like a steak? Chuck's Waterfront menu is also available after 5 p.m. Large groups are welcome, and you should call ahead for reservations at 564-4666. [LD]. \$, (FB) 113 Harbor Way, Second Floor, 564-1200.

Enterprise Fish Co. The lively nautical atmosphere at the Enterprise will wet your appetite for great seafood. Fortunately, you're in the right place. A variety of shellfish hors d'oeuvres is served at the oyster bar, and the dining room offers a selection of fresh seafood grilled over mesquite, including catch-of-the-day specials. Now offering a full liquor bar. [LD] \$\$, (FB) 225 State St 962.3313, www.enterprisefishco.com.

Epiphany. The stylish decor is intimate and inviting. Indulge yourself in the lounge with specialty martinis, cozy up on the couches and sip champagne or enjoy a cognac & cigar on the garden patio. Epiphany serves dinner to 10:30pm though the eclectic bar menu is available until midnight on Friday and Saturday. [D] \$\$\$ (FB), 21 West

OUT

Victoria, 805-564-7100. www.epiphanysb.com

The Harbor Restaurant. The Harbor is one of Santa Barbara's finest restaurants, where fresh fish and steaks are specially prepared and served in an elegant maritime interior with stunning views of the harbor. [BrLD]. \$\$, (FB) 210 Stearns Wharf, 963-3311.

Harry's. Santa Barbara's traditional locals restaurant. Steak, seafood, sandwiches and salads served in a family atmosphere. Excellent wine list and full bar. Banquet facilities available. Open daily for lunch and dinner. [LD] \$, (FB) 3313-B State Street, 687-2800.

Holdren's Steaks & Seafood. Holdren's Steaks & Seafood is elegant and timeless, featuring U.S.D.A. prime Midwestern corn fed beef, charbroiled over their mesquite grill. Try the "Cowboy Cut"—Holdren's signature steak—a 20 oz. Prime bone-in rib chop served over spicy onion rings. Their fresh seafood selections include Bacon Wrapped BBQ Tiger Prawns, seared Hawaiian Ahi, and a shrimp Scampi like no other. Holdren's offers an extensive wine and martini list and outdoor seating. Open daily for lunch from 11:30 a.m., and for dinner from 5:00 p.m., Saturday and Sunday for dinner from 4:00 p.m. Now offering Sunday Brunch 9am-2pm. [BrLD] \$\$ (FB). 512 State Street, 805-965-3363. In Goleta 6920 Marketplace Dr. 805-685-8900

Hollister Brewing Company. Featuring hand crafted beers made on premise, an innovative, fresh menu with appetizers, pizzas, burgers, paninis, and salads. Open seven days a week for lunch and dinner. [LD] \$ (FB), 6980 Marketplace Dr. Goleta, 805-968-2810, Hollisterbrewco.com

Jade Restaurant is a family-owned, Hawaiian-American comfort food restaurant where perfect service and even better food will define your experience time and time again. Open Tuesday-Saturday, 5:30pm-9:30pm. [D] \$\$ (B&W), 3132 State Street, 563-2007

Joe's Cafe. Joe's is classic Santa Barbara at its best. Offering the best New England-style clam chowder, beef dips, prime rib, steaks, chops and fresh seafood. For over 80 years the restaurant's history is as rich as its food and very stiff drinks. It is an experience not to be missed! Now serving breakfast, too. Mon-Sun 7:30am-11pm. [BLD] \$ (FB). 536 State St, (805) 966-4638.

Julienne. A progressive American restaurant serving fresh seasonal food. Serving Dinner Wednesday-Sunday 5pm to 10pm. Reservations Accepted. [D] \$\$ (BW) 138 E. Canon Perdido Street 805-845-6488

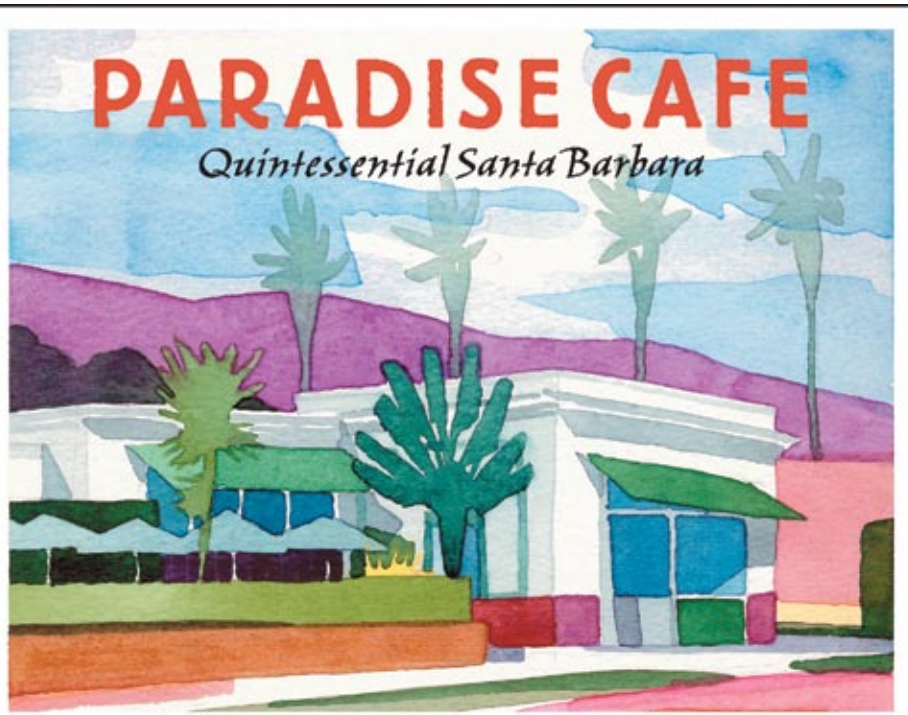
Longboard's Grill. Upstairs from the Harbor Restaurant is an active, noisy bar & grill with a big TV, a surfer's attitude and 360-degree views of the city & water. [LD] \$\$, (FB) 210 Stearns Wharf, 963-3311.

Louie's. Celebrate the taste of a Santa Barbara tradition in the historic Upham Hotel. Delicious California bistro fare in a wonderful downtown setting. [LD] \$\$, (B&W) 1404 De La Vina at Sola. 963-7003.

The Natural Café. The Natural Cafe is known for their homemade soups, hearty salads, delicious sandwiches, vegetarian entrees, pasta, chicken and seafood dishes, as well as a complete juice bar, microbrewed beers and local wines. [LD] \$ (B&W), www.thenaturalcafe.com [LD] \$, (B&W). Three locations in Santa Barbara: 508 State, 962-9494; 361 Hitchcock, 563-1163; 5892 Hollister, 692-2363. For other locations out of town see their website for details.

Olio e Limone Ristorante. ("Oil and Lemon" in Italian.) Savor creative, authentic Italian cuisine in an inviting atmosphere. Owned and operated by husband-wife team Alberto and Elaine Morello, the menu features dishes from all over Italy but you'll be treated to some touches of Sicily. Zagat-rated. Wine Spectator Award of Excellence-winning wine since 2002, highlighting carefully selected Italian and Californian varietals. Lunch: Mon-Sat, 11:30AM-2:00PM. Dinner: 7 Nights from 5:00PM. Cocktails. Private dining in the "Cucina Room" for up to 40 guests. www.olioelimone.com [LD] \$\$, (FB) 17 West Victoria Street, 805-899-2699.

Opal. A local's favorite, Opal fuses creative influences from around the world with American Regional touches: from Chile-crusted Filet Mignon, to Fresh Pan-Seared Fish &



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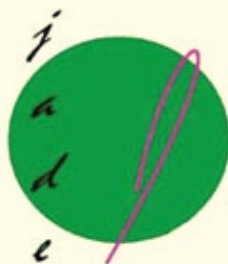
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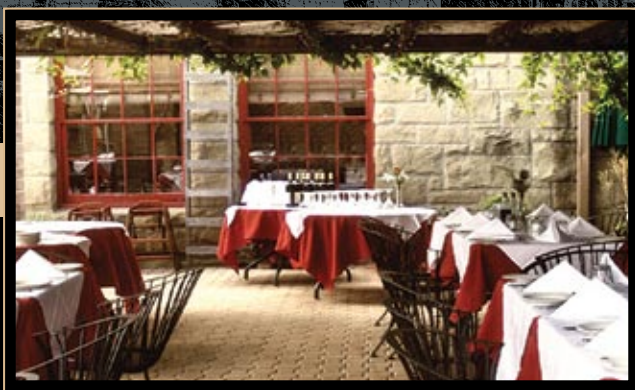
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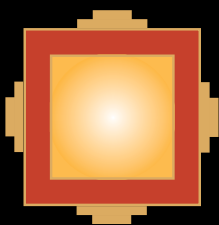
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The Palace Grill. The Palace is a contemporary American grill, with a lively, high-energy atmosphere, and fun, spontaneous events. Featuring fine grilled steaks and fresh seafood, delicious pastas, and select American Regional specialties, like Blackened Crawfish-stuffed Filet Mignon, and Louisiana Bread Pudding Soufflé. Cajun Martinis, unique beers, and a well selected wine list. Their unique "team Service" voted the Best in Town the last 16 years in a row. Rave reviews in Gourmet Magazine, Gault-Millau Travel Guide, Zagat, and Sunset Magazine. "Best on the West Coast" according to Los Angeles Magazine. Open 7 days: lunch 11:30am to 3pm; evenings from 5:30. [LD] \$\$, B&W. 8 E Cota 963-5000.

Paradise Cafe. Santa Barbara's favorite dining patio. Fresh fish, steaks, chops, chicken and their famous oak-grilled burger. Start with a drink at the street level bar, and work your way up. Open seven days a week. [BLD], \$, FB. 702 Anacapa Street, 962-4416.

Pierre Lafond Bistro. A local favorite since 1993, Pierre Lafond Bistro serves California fresh cuisine in an elegant and casual setting. Joshua Keating executive chef has created a menu that is healthy and decadent. He uses local seasonal organic foods from family farms and food artisans. And don't forget to try one of their homemade desserts. The outside patio is perfect for people watching. [BLD] \$\$ (B&W), 516 State Street 805-962-1455, www.pierrelafond.com

Renaud's Patisserie & Bistro. Renaud's is a bakery specializing in a wide selection of authentic French pastries. The breakfast and lunch menu is composed of egg dishes, sandwiches and salads and represents Renaud's personal favorites. Brewed coffees and teas are proudly 100% Organic. Open Mon-Sat 7am to 6pm, Sunday 7am to 3pm. [BL] \$ (B&W), Located in Loreto Plaza, 3315 State St Santa Barbara, 805-569-2400, and In the Arlington Plaza downtown. www.renaudsbakery.com.

Roy. Winner of "Best New Restaurant in Santa Barbara," if you plan to sample the four-star cuisine, including Roy's signature filet mignon, get there early. Dinner from 6pm till midnight daily. [D] \$\$, (FB) 7 West Carrillo, 966-5636.

Saigon In and Out Vietnamese Restaurant. Serves the finest Vietnamese specialties at reasonable prices. [LD] \$ Open Daily 11AM-9PM, Sat. & Fri. 11AM-10PM Sun. 11AM-9PM, 318 N. Milpas St., 805-966-0916 or 1230 State St. Unit A, 805-966-0909

Sambo's. The original on the beach! Serving up the classic dining experience. [BLD] \$, (B&W) 216 W. Cabrillo Blvd. 965-3269

Santa Barbara Fishhouse. Great locally caught fresh fish prepared in a casual fun atmosphere. Terrific happy hour. Right across from East Beach. [LD], \$\$, FB. 101 East Cabrillo Blvd. 966-2112.

S.B Shellfish Company. Established in 1979 as a buying station for local Santa Barbara shellfish and a place to sell crab, this casual spot has become a favorite destination for fresh seafood and views of the harbor and local mountains. [LD] \$\$ (B&W) 230 Stearns Wharf, 966-6676.

Seagrass Restaurant. Seagrass Restaurant is Santa Barbara first modern fine dining seafood restaurant. Fresh Pacific Fish is their focus, along with Local Spiny Lobster, giant sea scallops, clams and prawns. They also offer a fantastic steak, a roasted half-chicken and a braised dish, such as lamb shanks. The wine list features whites from around the world that pair well with coastal cuisine as well as a large selection of Santa Barbara pinot noir. [D] \$\$\$ (B&W), 30 E. Ortega St. (805) 963-1012, www.seagrass-restaurant.com.

Sojourner Cafe. Located a few blocks off the beaten path in the historical center of town, this is the local's favorite place for outrageously delicious and wholesome natural foods. Renowned for its friendly, nurturing and energetic atmosphere, the Sojourner since 1978 has served up a

OUT

variety of creative, internationally influenced vegetarian, chicken and seafood specials. A popular espresso bar serving all kinds of mouth watering concoctions and the best homebaked desserts in town top off a day or night at one of the city's landmark eateries. [LD] \$, (B&W) 134 E Canon Perdido, 965.7922.

Spiritland Bistro. Creative, Flavorful, and Pure. A cozy European-style bistro offering a fusion of internationally influenced cuisine using organic ingredients in every dish. Weekly specials are posted at spiritlandbistro.com. Also available: private parties, off-site catering, and business luncheons. [LD] \$\$ (B&W). 230 E. Victoria (corner of Garden and Victoria), 805-966-7759-Reservations Suggested. spiritlandlandbistro.com.

The Tee-Off. One of the town's premier steak houses featuring succulent prime rib, fresh seafood, generous cocktails and, of course, quality steaks. [LD] \$\$, (FB) 3627 State, 687-1616.

Tupelo Junction. At Tupelo Junction they make everything from scratch. They choose delicious recipes using only the freshest ingredients and the menu changes frequently depending on the season and product availability. [BLD] \$\$, (FB) 1212 State Street, (805) 899-3100.

Via Maestra 42. Traditional Italian flavors come together in this deli/shop/café on upper State Street. Serving panini, insalate, antipasti, formaggi, salumi, dolci, caffè and delectable gelatos. [BLD] \$\$, 3343 State Street, 569-6522.

Zen Yai. Experience a new era of Thai cuisine, blending traditional dishes with a California nouveau flair. [LD] \$\$, (B&W) 425 State Street, 957-1193.

Santa Ynez Valley

Mirabelle Inn and Restaurant. Executive chef Norbert Shulz brings a decidedly delicious, and earth-friendly Californian cuisine with an extensive wine list—a culinary adventure awaits! Open Friday through Sunday from 5pm. [D] \$\$ (BW) 409 First Street, Solvang 805-688-1703

Hitching Post. Along with outstanding steaks, ribs and chicken, they serve smoked duck breast, ostrich, home-made soups and outstanding pastries; along with what the L.A. Times has called the "best" French Fries in Southern California. Open daily except major holidays. [D] \$\$ (FB). 406 E. Highway 246, Buellton 805-688-0676

Restaurant Marcella. At Fess Parker's Wine Country Inn, Chef Ron Stewart's dedication to using the finest and freshest ingredients and extensive wine list translates into the food and wine pairing options being nearly endless. 2860 Grand Ave., Los Olivos, (805) 688-7788

Willows at the Chumash Casino. Featuring a distinctive menu of prime steaks and seafood served in an elegantly appointed setting. Enjoy a cocktail with your meal, or choose from the extensive selection of imported and local wines. Open Sunday-Thursday 5 p.m.-10 p.m., Friday and Saturday 5 p.m. to 11 p.m. Reservations are recommended. [D] \$\$\$ (FB). 3400 E. Highway 246, Santa Ynez, 805-686-0855.

Summerland

Cafe Luna. A friendly place where you can get real Costa Rican estate coffee, espresso, baked goods, salads and great sandwiches, soup and quiche, sit by the fireplace or sit on a deck overlooking the ocean. There are also tempting treats like truffles, cookies and cheesecakes. Open 6am to 6pm everyday. [BLD], \$ (BW) 2354 Lillie Ave., 695-8780. www.cafeluna.us

Nugget. A rustic, down home atmosphere that has served locals for over 20 years. Try a burger or one of their great salads. [LD] \$ (FB) 2318 Lillie Avenue, Summerland (805) 969-6135. And now in Goleta at 5685 Calle Real. 805-964-5200.



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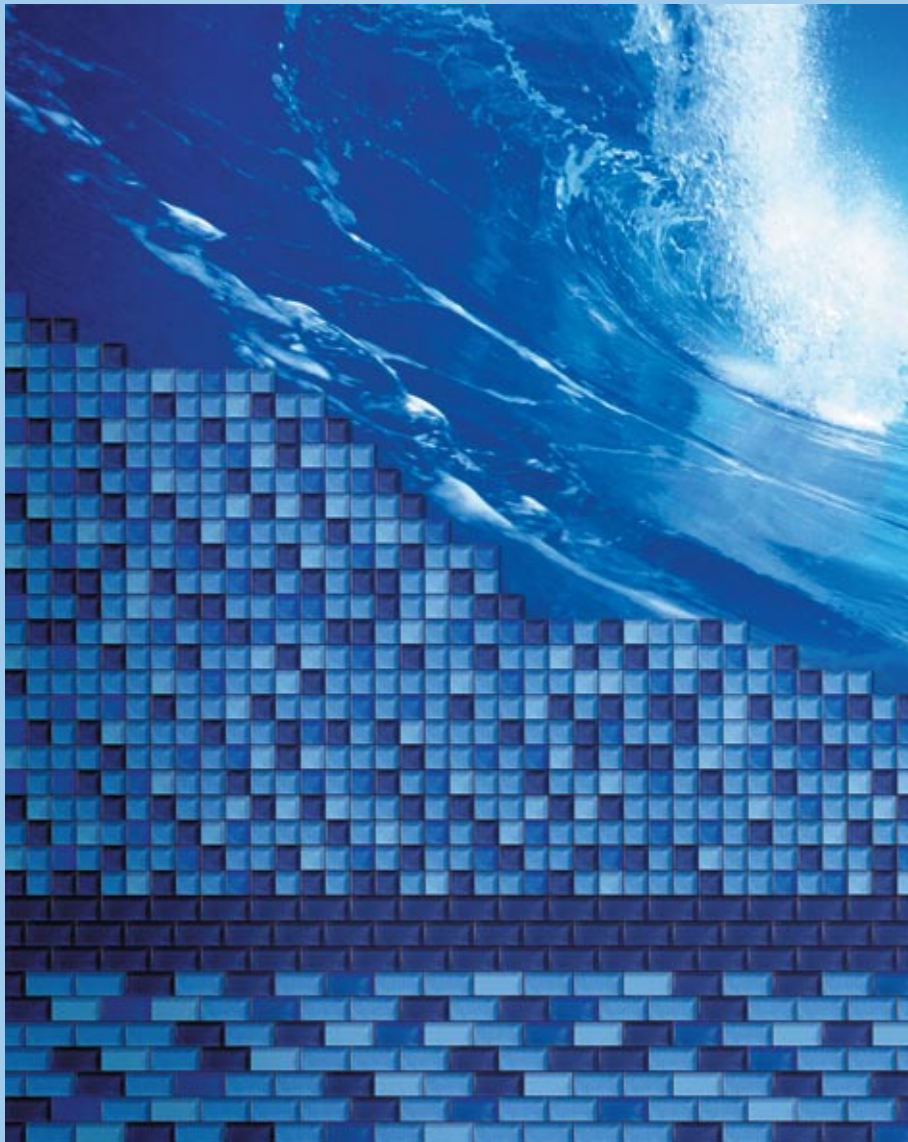
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AFTER DARK

The restaurant venue at Arroyo Burro Beach (Hendry's to locals) has always featured a killer sunset view, an ocean breeze and a cold beverage. News flash...it's been upgraded. Hot summer nights can be had virtually all year long on the patio at the **Boat House** because of the new design. Spectacular glass windbreaks keep the breeze at bay while the 15-foot gas fire pit makes even the foggiest nights cozy. Happy hour specials include \$5 well drinks and house wine for \$4 a glass. Food specials, which include Kobe beef burgers and sliders for just \$6, are also available for a late snack after 8pm. – RB. For a complete menu and details on happy hour, call 805-898-2628.





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~ Please call ahead for reservations ~

